TACFIT

Commando

HARDCORE TACTICAL FITNESS SECRETS OF THE SPECIAL OPS

Elite forces around the world are using TACFIT Commando ***RIGHT NOW!***

HARDCORE Training Intensity
Chiseled Commando Physique
Cutting Edge Recovery
Functional Muscle
Elite Results

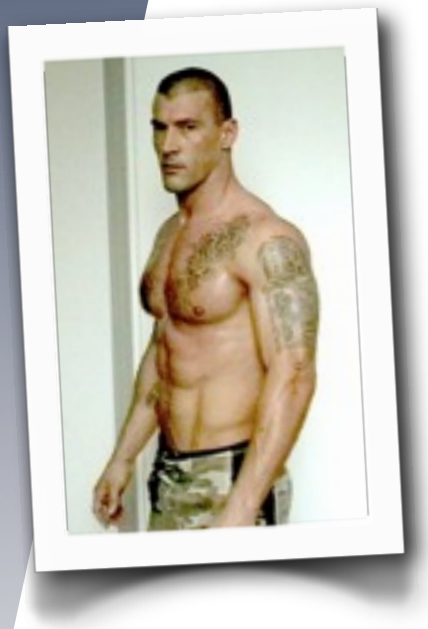
Featuring Scott Sonnon & Ryan Murdock

Preface

Welcome to TACFIT® Commando.

Your task, should you choose to accept it, is to complete three grueling missions. But be warned…

There will be fear. There will be discomfort.



You will be pushed to the outer limits of what you currently believe possible, and you will be forced to confront your inner demons, grab them by the throat, give them a good shake, and then thoroughly beat the piss out of them.

You will not return from these missions the same person who set out. You're going into this a raw Recruit, but you will come out the other end a seasoned Commando.

Think carefully before committing yourself to the next 3 months. Once on this path, there can be no retreat and no surrender.

If, despite our warnings, you're still determined to get into the best shape of your life, turn the page—it's time to get serious.

(This document **will not** self-destruct in 5 seconds—if it did we'd have an awful lot of unhappy customers.)

How to Use This Manual

Read the Introductory Briefing: understand the rules of engagement; understand the scope of the mission you're about to accept; quit now if you're afraid.

Read the Mission One program chapter.

Download all Mission One video briefings and study the movements.

Download the Intu-Flow® and Prasara recovery videos. You'll use the same recovery videos for all three Missions.

Print out the Mission One Master Program Chart and the TACFIT Mission Calendar. These are your maps as you navigate the next 28 days.

Go to Day One on the chart and get to work!

Upon successful completion of Mission One, repeat these same steps with Mission Two and Mission Three.

It's that easy.

Part 1: Introductory Briefing

The Operational Needs of a Tactical Responder

Core Objectives

- **Portability** – operatives must be able to train "anywhere, at any time"
- **Efficient** – tactical responders are constantly "operational," and so conditioning must be time-compressed to fit into a hectic schedule
- **Tactically Relevant** – the conditioning program must contribute to (rather than compete with) tactical skills—no "exercise for exercise sake"!

Physical Preparedness is a crucial job requirement for a crisis responder.

We can define "Physical Preparedness" as the **capacity** to perform, improvise or resolve a series of reality-based physical tasks. It's our job as coaches to build that capacity, but the trick lies in predicting exactly what those needs will be, and figuring out how to meet them in a training program.

This is easier said than done, because crisis responders have the world's most unpredictable job. They encounter a broad array of environmental and personal challenges, some known or knowable, others unknown and entirely unknowable. These challenges also vary in duration, complexity and intensity. They wouldn't be classed as "special ops" if they pulled the easy missions…

Because the chaos of crisis response defies prediction and planning, physical preparation must cover a wide base. Any relevant training program must include movements that are: unorthodox, varied, conventional, unconventional, and improvised.

This ability to improvise can't be stressed enough. From a coaching perspective, anyone who must respond to crisis can be viewed as an athlete. But unlike the relatively predictable world of sports, in the spec ops realm operators don't know the "game" they'll be "playing," and unlike the military, they often don't know the rules of engagement or when they'll be called to action.

The ideal "field agent physical training program" should cover: tireless stamina, extreme range reactive strength, three-dimensional ballistic speed, the agility and coordination of a Free Runner, and active recovery and pre-habilitation. This program must be variable and incremental in sophistication, as well as psychologically challenging.

The program must also target the **energy system** of tactical response: that means high intensity, three-dimensional movements done for repeated bursts of short duration, with fast recovery—serious workouts for those who aren't afraid to push limits others call impossible.

Finally, the extreme psychological stress experienced by active tactical responders requires methods that safely reabsorb the adrenal dump of "fight or flight." This is necessary in order to avoid immuno-suppression and a host of other stress-related illnesses faced by career crisis responders. You're of no help to your teammates if you're sick or burnt out. Your ammunition's only as good as your rifle—and if your equipment breaks down you can't even shoot blanks.

The mainstream fitness industry's response to this long list of specific needs is to direct tactical responders to so-called "functional fitness" classes.

Tactical vs. Functional Fitness

"Functional fitness" approaches are currently being marketed to tactical teams as the solution to their health and fitness needs. They fall short of the mark for several reasons.

First, tactical fitness differs from functional fitness at the doctrinal level.

Functional training focuses on the ability to move effectively through all ranges of motion, and so the purpose of "functional fitness" is to effectively restore and strengthen three-dimensional (tri-planar) movement. Tactical fitness, however, emphasizes the ability to efficiently transition between and improvise solutions to physical challenges when confronted. These are complementary but distinct objectives.

An effective tactical training program must begin with basic movements that carry through all maximum ranges of motion. It then progresses to "compound" movements which combine two skills, and finally "complex" movements which combine three or more skills. This process then starts over with the basic movements: increasing strength.

The "neurological sophistication" built through such an approach allows the tactical operator to navigate unexpected obstacles with ease and imagination.

“Tactical” doesn’t merely refer to “tactically-specific” skills, though these of course remain relevant. “Tactical” refers to the overall ability to adapt and improvise. Time appears to slow down as you speed up, fine motor skills become more accurate, gross motor skills more efficient, you feel significant less stress in a crisis, and even more so in daily life.

That’s the first and most obvious difference between tactical and functional fitness.

Second, most physical training (PT) programs don’t meet the needs of tactical responders because they were designed from a sportive or general fitness perspective.

Conventional PT programs involve mono or bi-planar action on individual joints, with long durations of single exercises. Most PT programs also tend to overemphasize aerobic energy through long, slow duration training—think “jogging”—while others overemphasize size and limit strength. None of these methods carry over to the specific attribute needs of tactical responders.

Furthermore, PT programs fail to place sufficient attention on injury-proofing tactical responders—not just physically but psychologically and biochemically—through active recovery and prehabilitation training.

TACFIT Doesn't Just Meet Operational Objectives—It Completely Surpasses Them

The difference between traditional military calisthenics and TACFIT is comparable to the difference between bootcamp and special ops school.

"Bootcamp" approaches to fitness are an offshoot of Basic Training mental reprogramming, where the Drill Sgt's job is to convince your body that it can push beyond its healthy limits. That's fine for a raw recruit fresh off his mamma's couch, but tactical operations demand the ability to think on your feet rather than simply follow orders.

TACFIT doesn't just build a shredded action hero body—it also trains the prospective commando to efficiently respond to crisis while remaining level-headed, aware and "in flow," so he always keeps a cool head when everyone around him is losing theirs.

Tactical fitness isn't a matter of who can do more, but who can do it more often. After all, it's not the one who can go the longest at an easy pace who survives, but the one who can collide, shake it off, and go again. The RESET method employed in the TACFIT Commando course helps tactical operators recover their heart rate and breath up to 6X faster than a conditioned athlete. And as any skilled operator knows, the faster you recover the more often you can burst.

Finally, accelerated recovery—in a crisis and in daily life—also plays into this goal. Tactical Fitness can't make you bullet-proof, but it can make you injury-proof because it gives your nervous system the ability to respond to sudden, overwhelming and forceful circumstances with ease and imagination.

Physical Preparedness = Fit-ness

Each week on the TACFIT Commando program incorporates:

- **High-Intensity Fat-Burning Circuits**: each mission in the TACFIT Commando dossier can be completed in less than 30 minutes, and those 30 intense minutes melt fat faster than hours of cardio-style exercise.
- **Complex Skills that promote "neurological sophistication"**: time appears to slow down as you speed up, fine motor skills become more accurate, gross motor skills more efficient, you feel significant less stress in a crisis, and even more so in daily life.
- **Real Tactical Applications**: each exercise has been carefully programmed to forge the highest level of specific conditioning while building and reinforcing tactically relevant skill sets.
- **Injury-Proofing and Active Recovery**: specific low-intensity mobility exercises accelerate your recovery from intense effort, prevent overtraining, and diminish the delayed muscle soreness typical of extreme exertion—which translates to constant mission readiness.

You might think the hardcore training circuits are the most innovative aspect of the program, simply because it's what you see on the surface. But TACFIT Commando's secret weapon is actually its unique training wave of periodization.

That training wave is how we foster career longevity. And as any commanding officer will tell you, an experienced tactical operator with years of successful missions under his belt is always worth more than a fresh new recruit.

The Missing Link: Career Longevity

Putting the TACFIT Rules of Engagement to Work for Constant Mission Readiness

TACFIT Commando's unique 4x7 training protocol takes advantage of the powerful tendency of our biochemistry to adapt to stress according to the Fibonacci sequence. Tapping into this effect in combination with the 4x7 4-day cycle will allow you to progress more rapidly, with smaller rest periods between training sessions. This incredible and somewhat mysterious natural tendency is the other big secret behind TACFIT Commando's profound success in building constant mission readiness.

In each of your three TACFIT Commando Missions, four distinct yet integrated "programs" are cycled seven times to reach the total of 28 days. In addition to the actual work days of each mission, active recovery is specifically incorporated into your schedule to promote rapid adaptation and injury-free progress, and compensatory movements are included to balance your growth and to remove the parking brake from your output and mobility. This "programmed recovery" is one of the greatest secrets behind the incredible rate of progress harnessed by the 4x7 method.

Think of it as a ratchet. You must torque back in order to catapult ahead. To create a peak performance day, you must begin by planning a recovery period. You only begin to benefit from rest 3 days afterwards. Once you've had that active rest day, you'll gradually ramp yourself up through sessions of increasing intensity levels until you experience your peak performance day—in the case of 4x7, this always falls on the High Intensity day. That's the 4-day micro cycle: No Intensity, Low Intensity, Moderate Intensity, and High Intensity.

Putting the TACFIT Rules of Engagement to Work for Constant Mission Readiness

Anything that you repeat produces compensations in the body, whether that be an exercise program or sitting in a chair all day at HQ. Your body adapts to become more efficient at completing those tasks. In fact, you're trying to elicit that very same adaptation by placing your body under exercise load in the first place.

The catch is that if you don't address those undesirable compensations, chains of tension will eventually result—imbalances in your myofascial matrix where some muscles pull too tightly while others are too loose. Over time, if left unaddressed, the myofascia hardens into thick, leathery straps in order to maintain this imbalanced structure. It locks you down, restricts your movement, and puts you on track for a career-ending injury.

TACFIT Commando uses specific compensatory movements on the Low Intensity day (and after each Moderate and High Intensity session) to locate these tight bands of tension and to reprogram motor function in order to restore optimal function. You will be tasked with

incorporating this active recovery into your program to promote rapid adaptation and injury-free progress.

Remember: you're no good to your team if you're sidelined with injury. Keeping yourself in mission shape isn't an option—it's a duty.

How you target each of these 4 intensity levels is the subject of the next section.

Intuitive Training: Your Governor

How much is 'a lot'? How tough is 'tough'?

What might be considered a difficult session for a new Recruit would be a walk in the park for an elite Commando, and what an elite Commando considers low intensity might be beyond extreme for the average Grunt. How do you determine "low" or "high" when it's all so subjective?

You do this by journaling your training and by applying your tools. The TACFIT Commando Intuitive Training Protocol gives you the ability to differentiate form, exertion and discomfort subjectively, and you can then use this as a determinant factor in progressive resistance. By learning to quantify the subjective, you give yourself an immediate sense of where you stand, and you create a very accurate gauge of your progress.

In order to make this tool work for you, you must first learn how to use it. That takes a bit of diligence in the beginning. By journaling your training in the TACFIT Mission Calendar and by rating these three variables, you will come to a better understanding of your body and you will calibrate your instrument. The skill of rating your performance becomes more finely honed with each use, until eventually you barely have to think about it. But you will have to think about it in the beginning.

These are the three variables you will rate after each training session:

Rate of Perceived Exertion (RPE): the subjective evaluation of your effort on a scale of 1 to 10, 10 being the hardest you've ever worked.

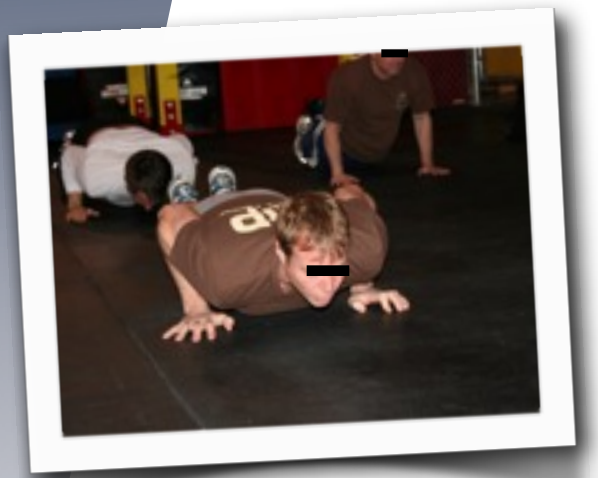
Rate of Perceived Discomfort (RPD): the subjective evaluation of your pain level on a scale of 1 to 10, 10 being the worst pain you've ever experienced.

Rate of Perceived Technique (RPT): the subjective evaluation of your mechanical performance on a scale of 1 to 10, 10 being the best possible form in that exercise.

(A reference chart and diagram of these scales are included at the end of this manual, as well as a conversion chart which pegs these numbers to a percentage of maximum heart rate.)

If your technique is high enough (greater than or equal to 8) and your discomfort is low enough (less than or equal to 3) you can hold even an exertion level of 10 for as long as your stamina, strength and endurance allow.

But your stamina, strength and endurance diminish as you begin to hit the wall. As fatigue takes over, your technique begins to deteriorate. Without that technique you no longer have the channel to safely harness the fluid forces of your effort, and discomfort increases. As discomfort increases, the potential for injury also increases, and so on down the spiral. Your goal is to ride that edge of high output, high quality technique, and to stop when you've tipped the balance into deteriorating form. You are playing a game of balancing between your output and what's being lost as 'leakage' to poor technique.



In addition to carrying the potential—or even the likelihood—of injury, poor technique is *repeatable*. It's a fundamental aspect of the Law of Conditioning: whatever you repeat you are making repeatable, whether you want to or not. The greatest efficiency lies in knowing how to precisely gauge your form so that you stop exercising before you begin to groove poor technique.

As a general guideline, when you can sustain an RPT of equal to or greater than 8, an RPD of less than or equal to 3, and an RPE of equal to or greater than 6 over the course of 3 sessions, it's time to increase a variable: frequency, intensity, speed, density, volume, complexity, etc.

Each of the four days in the 4x7 protocol includes specific target guidelines that you should be aiming for with each of these three variables. We have also precisely calculated exactly which variable to change, and by how much, when it comes time to move on. All you have to do is rate your performance in terms of the Intuitive Training Protocol, and plug and play the program. We've taken care of the rest.

Now, let's look at how each "day" of each individual TACFIT Mission unfolds.

The '4' in 4x7

Each mission unfolds in a set pattern, which escalates as you work your way through the program. The following microcycle is repeated 7 times, for a total of 28 days per mission*:

Day 1—No Intensity

RPE: 1-2; RPT: 8 or higher; RPD: 3 or lower

When you reach the No Intensity day, follow along with the Warm-up Video Briefing included in your TACFIT Commando dossier. (Link To Recovery Video page)

Your No Intensity recovery day is one of the keys to the rapid adaptation you'll experience with this program. Do not skip it soldier!

Day Two—Low Intensity

RPE: 3-4; RPT: 8 or higher; RPD: 3 or lower

Your task on the Low Intensity day is to use specific compensatory movements to balance growth and remove the parking brake from your high-performance output and mobility.

When you reach the Low Intensity day, follow along with the Cool Down Video Briefing included in your TACFIT Commando dossier. (Link To Recovery Video page)

Day Three—Moderate Intensity

RPE: 5-7; RPT: 8 or higher; RPD: 3 or lower

Now the work starts. Your task on the Moderate Intensity day is to ramp up your output according to the specific mission objectives.

When you reach the Moderate Intensity day, watch that session's Video Briefing and follow the program guidelines for the specific mission and level you've chosen to complete.

The Master Program chart included with each of the three missions provides detailed guidance as to exercise selection, duration, and rest periods.

Day Four—High Intensity

RPE: 8-10; RPT: 8 or higher; RPD: 3 or lower

If you've been following orders, this will be your peak performance day.

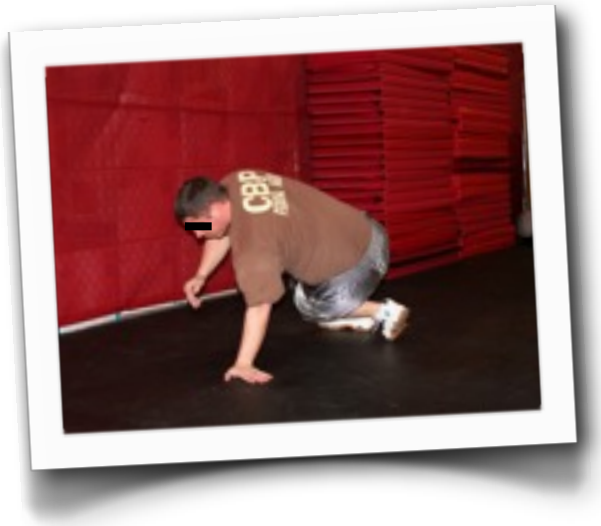
When you reach the High Intensity day, watch that session's Video Briefing and follow the program guidelines for the specific mission and level you've chosen to complete.

The Master Program chart included with each of the three missions provides detailed guidance as to exercise selection, duration, and rest periods.

Then take a long hot shower and bask in your success. You've got two days of active No Intensity and Low Intensity recovery before you have to hit it all over again.

That's how the 4 days of the 4x7 microcycle shape up. This 4-step pattern is repeated 7 times for a total of 28 days—or one complete mission.

(*see the specific Mission Briefings later in the manual for the actual program instructions and exercises)



Part 2: Mission Briefing

TACFIT Commando Rules of Engagement

The TACFIT Commando Rules of Engagement platform off of a variation of the Tabata protocol that has been carefully designed to cause the tactical operator to maximize recovery in the shortest possible time.

The Tabata Protocol was named after Japanese researcher Dr. Izumi Tabata. In 1996, Dr. Tabata and his colleagues at Tokyo's National Institute of Fitness and Sports conducted a groundbreaking study using high intensity intervals that challenged the prevailing fitness wisdom of the time.*

After just 6 weeks of testing, Dr. Tabata noted a 28% increase in the anaerobic capacity of his subjects, along with a 14% increase in their ability to consume oxygen (V02Max). These were not sedentary subjects. Dr. Tabata achieved these results with athletes who were already physically fit. In the years since his study was published, a number of other scientists have verified Dr. Tabata's claims and have built upon his work.

These researchers have proven that exercising at a high level of intensity for a short period of time is more effective than exercising at a low level of intensity for longer duration. This is good news for the already overworked tactical operator. Each mission in the TACFIT Commando dossier can be completed in less than 30 minutes and yet still deliver superior results

compared to traditional military calisthenics and typical cross-training approaches. Those 30 intense minutes also burn fat faster than long hours of cardio-style exercise.

Tabata circuits have obvious benefits for those with health and fitness goals, but they also have important applications when preparing for any activity that requires a burst-recover-burst pattern of effort.

What is burst-recover-burst?

It's the factor that determines how quickly you can recover from exertion in a crisis.

Think of a fighter in a 2 minute round. He isn't throwing a nonstop flurry of strikes for 2 full minutes. Instead, that 2 minute round is characterized by intense bursts where the fighter darts in to throw a few hard and fast blows. He then backs off and works to stay out of range while looking for another opening. If you were to graph the output of effort for the round, you'd see rapid, intense bursts punctuated by brief periods of recovery in motion.

This is similar to the burst-recover-burst pattern demanded by tactical ops, but for the tactical respondent it's never a 2 minute fight.

Tabata-type intervals are of key importance because they teach the body to maximize recovery in the shortest possible time.

The end result is that the tactical responder adapts in such a way that he's not only recovering between bursts of activity, he's recovering *while moving* and *in anticipation of rest*.

It is this tactically-specific energy system training that underpins the entire TACFIT Commando program.

* “Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2max” in the journal Medicine & Science in Sports & Exercise (October 1996, Vol 28 Issue 10).

Mission One

Mission Objectives

Your first TACFIT Commando Mission involves 20 seconds of high intensity exercise, followed by 10 seconds of rest. This cycle is repeated 8 times for a total of 4 minutes. In our Briefing Charts we refer to this as 20/10 x 8.

Each “work day” of your mission will follow this pattern with 6 different exercises.

This is how you will put it into practice. You can see from the chart that your first Mission One Task is the Front Lunge Step. Perform 20 seconds of Front Lunge Steps followed by 10 seconds of rest, repeated 8 times. When you’ve finished all 8 rounds, rest for 1 minute, then move on to your second Task—the Plank Push Knee—for another 8 sets of 20/10. Follow this pattern until you’ve completed all 6 Tasks.

Your goal during that 20 second burst of effort is to crank out as many reps as possible while maintaining good form.

Your goal during the 10 seconds of rest is to shake it off, recover your breathing and lower your heart rate in preparation for the next round.

If you are unable to burst for the full 20 seconds with a particular Task despite choosing the appropriate level (Recruit, Grunt or Commando), focus on completing as many reps as you can and then pause to shake it off. Score the lowest number of reps you achieved for each exercise. (For example, if these were your repetitions over all eight sets of the Front Lunge Step – 5, 6, 7, 8, 6, 5, 5, 3 – the total score for that exercise would be 3.) The lowest set of all 6 exercises are totaled to arrive at the operator's final score for that session.

Keep track of your reps and strive to at least equal what you did in the prior round. Your Objective is to add one or two reps to your previous best each session. In this way, you're always making progress and you're keeping it within safe limits.

A Note on Level of Difficulty

Each Task in the Mission has three levels of difficulty, so the Tasks are always accessible and challenging regardless of whether you're an experienced tactical operator or an unblooded new recruit. You will see this outlined in the Briefing Chart.

• Recruit level is for those fresh out of boot camp and new to tactical fitness
• Grunt is for those with several missions under their belt
• Commando is for the brave folks who have completed several successful tours of duty spanning many missions.

Begin at the level appropriate to your current ability and experience.

Remember: operational skills must be built on a solid foundation. It's not simply a matter of imitating an external movement, but the internal experience of a skill that forges a tactical operator. It’s not just biomechanics; it’s also a physiological adaptation. Your objective is to reap 100% of the benefit from every injury-free rep.

Your ammunition is only as good as your rifle. If your equipment breaks down, you can't even shoot blanks.

Mission One Tactical Applications

Each Task in Mission One has been carefully programmed to forge the highest level of specific conditioning while building and reinforcing tactically relevant skill sets.

The **lunge series** will train you to move with mid-foot balance. This is crucial to navigating uneven terrain like gravel, ice, mud, grass etc. You will also train yourself to exhale on absorption, which stabilizes your stride and allows you to redirect when you encounter the unexpected.

The **plank push series** will train you to tie arm motion to core activation. When skirting under barbed or netted obstacles, it's not your shoulders but your core that pulls you through with strength and security. You must fully incorporate this skill in order to access the more complex Commando-level variations.

The **sit thru series** builds important skills for all reversals, for escaping from the ground, and for removing your structure underneath collision. Hands and arms are also trained to pull back to close guard position to avoid hooks and snags.

The **pushup series** will teach you to employ your entire body to hit a perfect rep every time. The series progresses to train forearm (or guard) – hand contact, which helps to translate power from the core out through the appendage asymmetrically.

The **spinal rock series** will train the entire core "canister," which translates to stability in mobility, fine motor control, controlled ground engagement, and the ability to keep your arms or your weapon free and steady while engaging the ground to the rear.

The **tripod overhead series** will train you to maintain cognitive awareness of your surroundings when changing physical orientation to the rear and from vertical to horizontal. The success of your mission and the health of your spine are both directly related to your ability to recover from backward flexion: the state of your body during collision at high speed.

TACFIT Commando Mission One

This Master Program Chart outlines each phase of your first 28-day Mission:

Intensity->	No	Low	Moderate	High
Cycle 1	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 2	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 3	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 4	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 5	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 6	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1
Cycle 7	Intu-Flow	Custom Prasara Flow	TACFIT Program 1	TACFIT Program 1

Mission Objectives

Task	Recruit	Grunt	Commando
Exercise 1	Front Lunge Step	Front Lunge Jump	Front Lunge Leap
Exercise 2	Plank Push Knee	Plank Push	Plank Push Squat
Exercise 3	Sit Thru Knee	Sit Thru Reach	Sit Thru Climb
Exercise 4	Basic Pushup	Screw Pushup	Guard Pushup
Exercise 5	Spinal Rock Basic	Spinal Rock Pike	Spinal Rock Drop
Exercise 6	Tripod Overhead	Tripod Twist	Tripod Overhead Twist

The How-To

The Master Program Chart on the previous page contains the set/rep coordinates you'll need to complete your first mission.

Here's what to do when you reach each of the four "days":

No Intensity Day:

Perform a complete Intu-Flow joint mobility session for active recovery.

Reference the "Warm-up" video briefing.
(Link To Recovery Video page)

RPE: 1-2; RPT: 8 or higher; RPD: 3 or lower

Low Intensity Day:

Warm up with a brief Intu-Flow joint mobility session, and perform the full Prasara compensatory movement flow.

Reference the "Cool Down" video briefing.
(Link To Recovery Video page)

RPE: 3-4; RPT: 8 or higher; RPD: 3 or lower

Moderate Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Reference Program 1—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL DOWN video briefing.

RPE: 5-7; RPT: 8 or higher; RPD: 3 or lower

High Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Remember: your Target on the High Intensity day is to complete more reps per exercise than you did on yesterday's Moderate Intensity day. Maintaining the status quo is not acceptable. You are expected to step up each time and conquer new territory.

Reference Program 1—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL DOWN video briefing.

RPE: 8-10; RPT: 8 or higher; RPD: 3 or lower

Remember: with deeper understanding comes greater benefit. Execute fewer but better reps and you'll reach your targets faster. The overriding objective is always "quality quantity."

Good luck, and be safe out there.

Exercise Description

The second section of this manual provides photos as a reminder of the Directives presented in the detailed briefing videos. Study the videos carefully before you set out on this mission.

Mission Two

Mission Objectives

Your second TACFIT Commando Mission involves 20 seconds of high intensity exercise, followed by 10 seconds of rest. This cycle is repeated 8 times for a total of 4 minutes. In our Briefing Charts we refer to this as 20/10 x 8.

Each “work day” of your mission will follow this pattern with 6 different exercises.

This is how you will put it into practice. You can see from the chart that your first Mission Two Task is the Lunge Twist. Perform 20 seconds of Lunge Twists followed by 10 seconds of rest, repeated 8 times. When you’ve finished all 8 rounds, rest for 1 minute, then move on to your second Task—the Revolving Table—for another 8 sets of 20/10. Follow this pattern until you’ve completed all 6 Tasks.

Your goal during that 20 second burst of effort is to crank out as many reps as possible while maintaining good form.

Your goal during the 10 seconds of rest is to shake it off, recover your breathing and lower your heart rate in preparation for the next round.

If you are unable to burst for the full 20 seconds with a particular Task despite choosing the appropriate level (Recruit, Grunt or Commando), focus on completing as many reps as you can and then pause to shake it off. Score the lowest number of reps you achieved for each exercise. (For example, if these were your repetitions over all eight sets of the Lunge Twist – 5, 6, 7, 8, 6, 5, 5, 3 – the total score for that exercise would be 3.) The lowest set of all 6 exercises are totaled to arrive at the operator's final score for that session.

Keep track of your reps and strive to at least equal what you did in the prior round. Your Objective is to add one or two reps to your previous best each session. In this way, you're always making progress and you're keeping it within safe limits.

A Note on Level of Difficulty

Each Task in the Mission has three levels of difficulty, so the Tasks are always accessible and challenging regardless of whether you're an experienced tactical operator or an unblooded new recruit. You will see this outlined in the Briefing Chart.

• **Recruit** level is for those fresh out of boot camp and new to tactical fitness
• **Grunt** is for those with several missions under their belt
• **Commando** is for the brave folks who have completed several successful tours of duty spanning many missions...

Begin at the level appropriate to your current ability and experience.

Remember: operational skills must be built on a solid foundation. It's not simply a matter of imitating an external movement, but the internal experience of a skill that forges a tactical operator. It’s not just biomechanics; it’s also a physiological adaptation. Your objective is to reap 100% of the benefit from every injury-free rep.

Your ammunition is only as good as your rifle. If your equipment breaks down, you can't even shoot blanks.

Mission Two Tactical Applications

Each Task in Mission Two has been carefully programmed to forge the highest level of specific conditioning while building and reinforcing tactically relevant skill sets.

The **lunge twist series** adds rotation at the waist (yaw) to the Front Lunge from Mission One. Movement complexity is increased to train the ability to load the lower appendages through the twist in order to sling force outwards.

The **table/tripod series** trains the ability to move belly-to-thigh while compressing your combat gear into your abdominal cavity—in this case, in order to achieve a flat foot squat. It also trains the ability to absorb force with the elbow when knocked down to the rear. This movement series will be helpful to all crouched and grounded tactical maneuvers.

The **scorpion series** trains hip mobility while the upper body is compressed or pinned down. Greater hip mobility in this position provides “wiggle room” and increases your chances of escape and evasion.

The **bear squat series** increases the load on your core by slinging your bodyweight from leg to arm support, improving your ability to absorb and redirect dynamic force.

The **rocca series** builds toward inverted strength, improving your ability to use your core tied to your hands in order to absorb and slow your descent when falling head-first.

The **bridge series** trains the ability to roll weight (such as a mounted opponent) off your body at a diagonal rather than overhead, using the strong muscles of the glutes and thighs in one coordinated effort instead of struggling with the upper body.

TACFIT Commando Mission Two

This Master Program Chart outlines each phase of your 28-day Mission:

Intensity->	No	Low	Moderate	High
Cycle 1	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 2	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 3	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 4	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 5	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 6	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2
Cycle 7	Intu-Flow	Custom Prasara Flow	TACFIT Program 2	TACFIT Program 2

Mission Objectives

Task	Recruit	Grunt	Commando
Exercise 1	Lunge Twist	Lunge Twist Knee	Lunge Twist Combo
Exercise 2	Revolving Table	Swinging Tripod	Springing Tripod
Exercise 3	Scorpion Crucifix	Scorpion Pushup	Scorpion Strike
Exercise 4	Bear Squat	Bear Pushup	Bear Squat Press
Exercise 5	Rocca Forearm	Rocca Squat	Rocca Invert
Exercise 6	Bridge Clap	Diagonal Bridge	Anchored Bridge

The How-To

The Master Program Chart on the previous page contains the set/rep coordinates you'll need to complete your second mission.

Here's what to do when you reach each of the four "days":

No Intensity Day:

Perform a complete Intu-Flow joint mobility session for active recovery.

Reference the "Warm-up" video briefing.
(Link To Recovery Video page)

RPE: 1-2; RPT: 8 or higher; RPD: 3 or lower

Low Intensity Day:

Warm up with a brief Intu-Flow joint mobility session, and perform the full Prasara compensatory movement flow.

Reference the "Cool Down" video briefing.
(Link To Recovery Video page)

RPE: 3-4; RPT: 8 or higher; RPD: 3 or lower

Moderate Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Reference Program 2—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL DOWN video briefing.

RPE: 5-7; RPT: 8 or higher; RPD: 3 or lower

High Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Remember: your Target on the High Intensity day is to complete more reps per exercise than you did on yesterday's Moderate Intensity day. Maintaining the status quo is not acceptable. You are expected to step up each time and conquer new territory.

Reference Program 2—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL DOWN video briefing.

RPE: 8-10; RPT: 8 or higher; RPD: 3 or lower

Remember: with deeper understanding comes greater benefits. Execute fewer but better reps and you'll reach your targets faster.

Good luck, and be safe out there.

Exercise Description

The second section of this manual provides photos as a reminder of the Directives presented in the detailed briefing videos. Study the videos carefully before you set out on this mission.

Mission Three

Mission Objectives

Your third TACFIT Commando Mission involves 20 seconds of high intensity exercise, followed by 10 seconds of rest. This cycle is repeated 8 times for a total of 4 minutes. In our Briefing Charts we refer to this as 20/10 x 8.

Each “work day” of your mission will follow this pattern with 6 different exercises.

This is how you will put it into practice. You can see from the chart that your first Mission Three Task is the Warrior Lunge. Perform 20 seconds of Warrior Lunges followed by 10 seconds of rest, repeated 8 times. When you’ve finished all 8 rounds, rest for 1 minute , then move on to your second Task—the Swing Plank Knee—for another 8 sets of 20/10. Follow this pattern until you’ve completed all 6 Tasks.

Your goal during that 20 second burst of effort is to crank out as many reps as possible while maintaining good form.

Your goal during the 10 seconds of rest is to shake it off, recover your breathing and lower your heart rate in preparation for the next round.

If you are unable to burst for the full 20 seconds with a particular Task despite choosing the appropriate level (Recruit, Grunt or Commando), focus on completing as many reps as you can and then pause to shake it off. Score the lowest number of reps you achieved for each exercise. (For example, if these were your repetitions over all eight sets of the Warrior Lunge – 5, 6, 7, 8, 6, 5, 5, 3 – the total score for that exercise would be 3.) The lowest set of all 6 exercises are totaled to arrive at the operator's final score for that session.

Keep track of your reps and strive to at least equal what you did in the prior round. Your Objective is to add one or two reps to your previous best each session. In this way, you're always making progress and you're keeping it within safe limits.

A Note on Level of Difficulty

Each Task in the Mission has three levels of difficulty, so the Tasks are always accessible and challenging regardless of whether you're an experienced tactical operator or an unblooded new recruit. You will see this outlined in the Briefing Chart.

• **Recruit** level is for those fresh out of boot camp and new to tactical fitness
• **Grunt** is for those with several missions under their belt
• **Commando** is for the brave folks who have completed several successful tours of duty spanning many missions...

Begin at the level appropriate to your current ability and experience.

Remember: operational skills must be built on a solid foundation. It's not simply a matter of imitating an external movement, but the internal experience of a skill that forges a tactical operator. It’s not just biomechanics; it’s also a physiological adaptation. Your objective is to reap 100% of the benefit from every injury-free rep.

Your ammunition is only as good as your rifle. If your equipment breaks down, you can't even shoot blanks.

Mission Three Tactical Applications

Each Task in Mission Three has been carefully programmed to forge the highest level of specific conditioning while building and reinforcing tactically relevant skill sets.

The **warrior lunge series** trains the ability to rotate using hip torque, generating power using the stored elastic energy of the legs through 180 degrees.

The **swing plank series** trains the firing sequence of core to grip, grip to core, across the shoulder girdle. This is a crucial skill in crisis situations, because we never drive directly perpendicular to force but absorb and retranslate it. This can be expressed as a powerful strike, moving a heavy object to the side, or escaping from beneath a crushing weight.

The **airborne squat series** trains stabilization on one leg while on uncertain terrain, and prepares the body for the load-bearing of gear and bodyweight through single leg squatting. All locomotive action is an act of falling on one leg. The airborne squat series trains weight

transfer to a shin squatted position, like decelerating while engaging the ground from a fast collision jump in parachuting.

The **spiderman pushup** series trains the ability to connect the core to the elbow rather than absorbing incoming force with the shoulder joint. This is crucial to your ability to absorb detonation when firing a weapon, to absorb collision, and to absorb and redirect incoming force.

The **shinbox series** develops the strength of the spine to resist sudden or sharp torsion, and builds the ability to absorb, move and redirect crushing force while the body is inverted and twisted.

The **base switch series** improves the ability to translate force from a seated position up into a quad (or crab) position. This movement is the foundation for all mobility on the ground, for the ability to switch directions, and for the ability to switch from underneath to gain top position.

TACFIT Commando Mission Three

This Master Program Chart outlines each phase of your 28-day Mission:

Intensity->	No	Low	Moderate	High
Cycle 1	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 2	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 3	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 4	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 5	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 6	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3
Cycle 7	Intu-Flow	Custom Prasara Flow	TACFIT Program 3	TACFIT Program 3

Mission Objectives

Task	Recruit	Grunt	Commando
Exercise 1	Warrior Lunge	Cossack Lunge	Cossack Warrior
Exercise 2	Swing Plank Knee	Swing Plank	Swing Plank Extended
Exercise 3	Airborne Squat Shin	Airborne Squat Knee	Airborne Squat Jump
Exercise 4	Spiderman Pushup Knee	Spiderman Pushup	Spiderman Jump Press
Exercise 5	Shinbox Twist	Shinbox Invert	Shinbox Switch
Exercise 6	Table Lift	Base Switch	Base Switch Press

The How-To

The Master Program Chart on the previous page contains the set/rep coordinates you'll need to complete your third and final mission.

Here's what to do when you reach each of the four "days":

No Intensity Day:

Perform a complete Intu-Flow joint mobility session for active recovery.

Reference the "Warm-up" video briefing.
(Link To Recovery Video page)

RPE: 1-2; RPT: 8 or higher; RPD: 3 or lower

Low Intensity Day:

Warm up with a brief Intu-Flow joint mobility session, and perform the full Prasara compensatory movement flow.

Reference the "Cool Down" video briefing.
(Link To Recovery Video page)

RPE: 3-4; RPT: 8 or higher; RPD: 3 or lower

Moderate Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Reference Program 3—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL-DOWN video briefing.

RPE: 5-7; RPT: 8 or higher; RPD: 3 or lower

High Intensity Day:

Warm up with the short Intu-Flow joint mobility session. Reference the WARM-UP video briefing.

Complete your TACFIT session according to the Mission Objectives chart. Circuits are based on the 20/10 x 8 protocol. Begin with the first exercise and complete 8 rounds of 20 seconds work followed by 10 seconds rest (in other words, you're working for 20 seconds, resting for 10 seconds, working for 20 seconds, resting for 10 seconds, etc until you've completed all 8 rounds for that movement). Rest 1 minute, then move on to the next exercise, and so on through the list.

Remember: your Target on the High Intensity day is to complete more reps per exercise than you did on yesterday's Moderate Intensity day. Maintaining the status quo is not acceptable. You are expected to step up each time and conquer new territory.

Reference Program 3—Recruits Level A video briefing. Grunts Level B. Commandos Level C. (Link To Mission Brief Video Library)

End your session with the Prasara compensation flow. Reference the COOL DOWN video briefing.

RPE: 8-10; RPT: 8 or higher; RPD: 3 or lower

Remember: with deeper understanding comes greater benefits. Execute fewer but better reps and you'll reach your targets faster.

Good luck, and be safe out there.

Exercise Description

The second section of this manual provides photos as a reminder of the Directives presented in the detailed briefing videos. Study the videos carefully before you set out on this mission.

Conclusion: Mission Debrief

Congratulations! If you've completed all three missions and made it to this point, you've earned yourself a handshake and some serious R&R.

You're entitled to 5 days shore leave.

You may take up to 7 days if you need them, but do not shirk those 5—you need that recovery period in order to reap the growth and the supercompensation from 3 months of dedicated training.

If you're of TACFIT Commando caliber, you're probably already chomping at the bit and wondering what your next mission should be.

You have two immediate choices:

1) Start at the beginning and work through another 3 months of TACFIT Commando—but at the next highest level of movement sophistication. If you started at Recruit, you're promoted to Grunt. If you've slogged out several 3 mission cycles as a Grunt, you are hereby promoted to Commando. If you endured all 3 missions at Commando-level, there will be no slack for you—you're expected to increase your scores across the board and show steady improvement each time you take the field.

2) If you'd prefer to explore TACFIT training with implements, shift over to the original 26-circuit TACFIT program from RMAX, which uses an array of equipment that is austere, primitive,

primal and portable: clubbells, medicine balls, kettlebells, gymnastic rings, sandbags, jump boxes, pullups and parallette bars. It'll prepare you better than anything else out there, and it will also be the most fun you've ever had training.

We've included information on where to find this program—as well as other resources in the recovery program series—in the Further Resources Appendix of your manual.

So that's it.

You've exemplified the motto: *He who dares, wins*.

You put yourself out there and returned to tell the tale. It's been an honor to serve with you, and we look forward to working together again.

Stay safe out there.

Further Resources

TACFIT

The original equipment-based 26-program TACFIT array (Click here for more information)

Joint Mobility

The Intu-Flow DVD is the place to deepen your exploration of the materials covered on the No Intensity recovery days of TACFIT Commando. (Click here for more information)

Prasara Yoga Compensatory Movement

The Prasara Instructional Series “A” DVD is the place to deepen your exploration of the materials covered on the Low Intensity recovery days of TACFIT Commando.
(Click here for more information)

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Intu-Flow is a registered mark of RMAX.tv Productions

Mission One Exercise Descriptions

Mission One - Recruit

Front Lunge Step

Stand tall with your feet shoulder width apart, and “on rails”—pointed straight ahead rather than splayed out. Hands are up and shoulders pulled down.

Exhale as you step forward with your left leg. Foot always lands with mid-foot balance. Squat on that forward leg until your thigh is parallel to the ground. Shin and back remain perpendicular, and hips in one line.

Drive off the front leg—again from mid-foot—to return to a neutral standing position. Repeat, changing legs each time.

Plank Push Knee

Kneel and place your forearms in contact with the ground. Exhale and drive forward into “pushup position” on your palms. As you drive forward, keep elbows pinched to ribs, shoulders packed down, and chin down / crown up.

When you reach the forward “pushup position” your hands should be at chest height, elbows bent, glutes contracted and tailbone tucked. Return to the starting position by driving hard off your palms.

Sit Thru Knee

Begin on ball of foot with your hands in contact with the ground. The left foot rotates onto the edge of foot (or “foot sword”) as you rotate in a tight arc to the right. Right arm lifts and pulls back to guard position (elbow tight to ribs) as you drive from the hip to bring the left leg parallel to the ground. You may touch hip to ground but you may not sit on the ground

As you rotate back to the left, the hands switch and the left leg threads through.

Repeat this movement from side to side in a tight arc, exhaling hard each time. Rotate only to the foot sword and not to the heel.

Basic Pushup

Everyone's familiar with the basic pushup, but the focus here is on quality reps rather than quantity.

Your key performance goals are to keep elbows to ribs, shoulders packed down (no scapular flare), and chin down /crown long as you exhale hard and drive from the palm heels. Elbow pits should be facing forward, with the goal of locking structure by driving the elbow pits forward rather than simply pushing up. Glutes, thighs and core stay strong to prevent "belly sag" and maintain solid alignment.

Spinal Rock Basic

Begin by sitting with knees bent and hands on knees. Exhale and roll to the ground by tucking your tailbone underneath and rolling one vertebra at a time. When your lower back is flat, pull knees to chest and continue rolling back until your weight is on your shoulder blades.

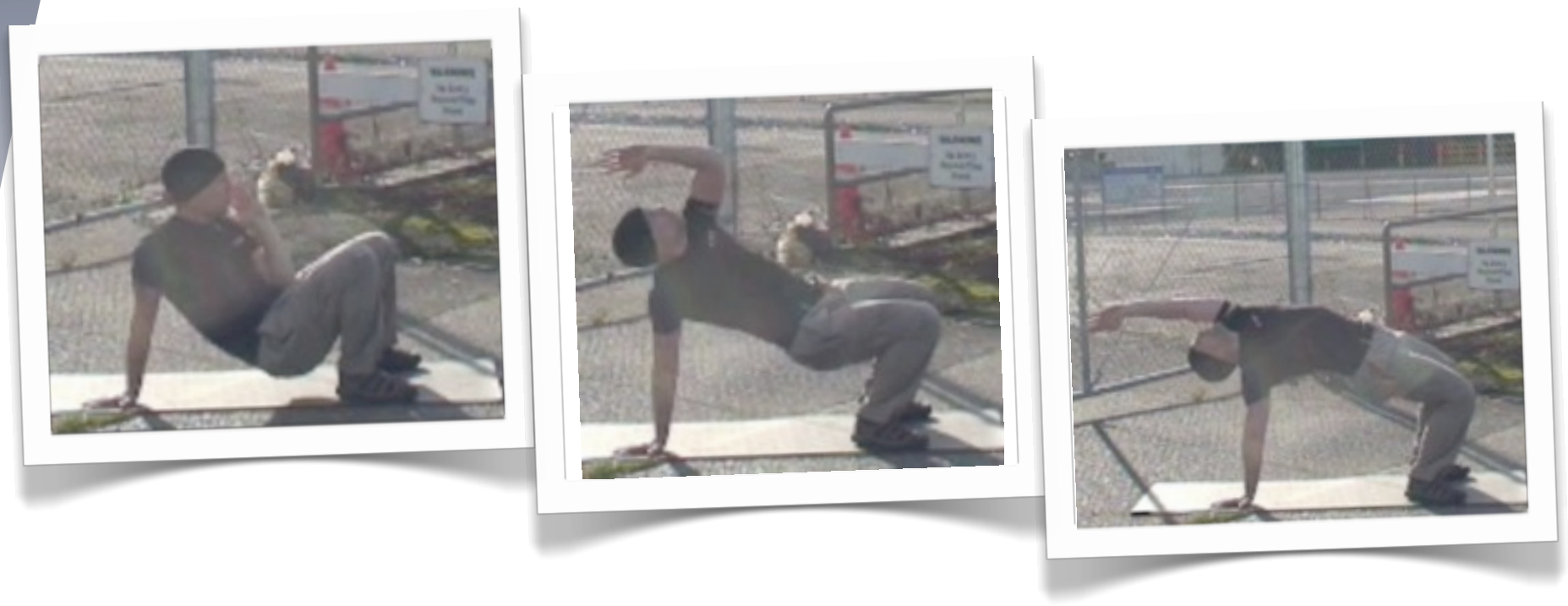
Roll back up to a seated position by reversing the process, holding your knees with elbows pinched tight. When you reach the top position, lift from the crown and chest, allowing air to be sucked back in.

Tripod Overhead

Begin in a squat. Reach back with your right arm and place it on the ground so you're supporting yourself in a 3-point tripod position, with wrist perpendicular and fingers pointed back.

Exhale hard as you drive from mid-foot and squeeze your glutes to fully lock out your hips. At the same time, reach up and over your head with your left arm to get full alignment with your centerline. Elbow locks overhead, and the posted arm locks as well, with shoulders pulled down and no scapular flare.

Release your hips to return to the tripod squat. Switch base arms and repeat to the opposite side.



Mission One - Grunt

Front Lunge Jump

Begin in lunge position. Hands are up, shoulders pulled down, and chin down / crown tall. Weight is on mid-foot of front leg and ball of foot of rear leg. Legs absorb weight with buoyancy and knee does not rest on the ground. Front leg shin and rear leg thigh are perpendicular to the ground, and front thigh is parallel.

Exhale as you release upwards and switch legs in mid-air. The drive comes from mid-foot on the front leg and ball of foot on the rear. Absorb downwards to two 90's (front leg shin and rear leg thigh perpendicular, front thigh parallel).

Once you have the movement down, make it continuous, storing on absorption and immediately releasing upwards without pausing between reps.

Plank Push

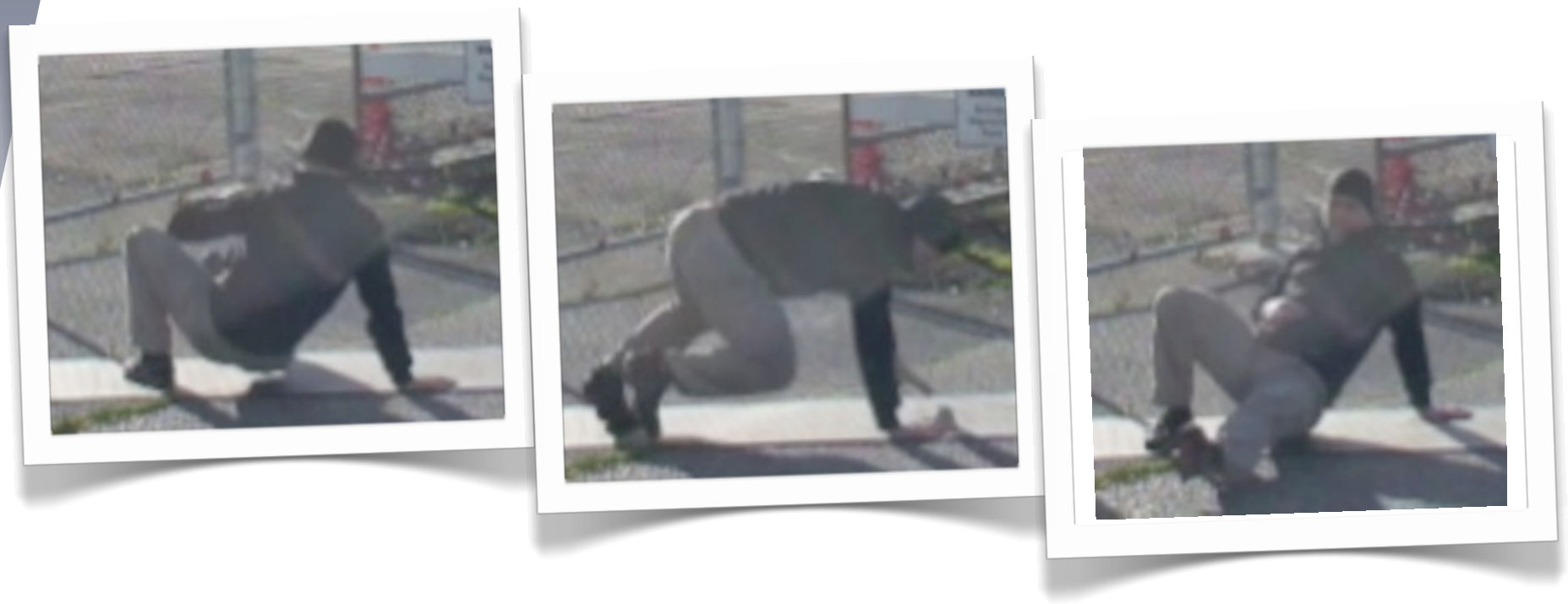
Kneel and place your forearms in contact with the ground. Exhale and drive forward into “pushup position” on your palms. As you drive forward and squeeze your glutes, knees lift and weight shifts to ball of foot. Keep elbows pinched to ribs, shoulders packed down, and chin down / crown up.

When you reach the forward “pushup position” your hands should be just below the floating ribs, glutes contracted, knees locked and tailbone tucked. Return to the starting position by driving hard off your palms. Drive back only to the point where your forearms touch down, then explode forward into the next rep.

Sit Thru Reach

Begin on ball of foot with your hands in contact with the ground. The right foot rotates onto the edge of foot (or “foot sword”) as you rotate in a tight arc to the left. Left arm lifts and pulls back to guard position (elbow tight to ribs) as you drive from the hip to bring the right leg parallel to the ground. As you reach the end of the arc, extend and reach with the leg while maintaining mid-foot contact with the posted leg and palm-heel contact (with fingers spread) on the posted hand. Focus on getting the knee of the extended leg locked, thigh strong.

As you rotate back to the right the hands switch and the left leg threads through. Exhale on the waist twist. Repeat this movement from side to side in a tight arc.



Screw Pushup

Begin in the same top position as the basic pushup. Shoulders are packed down (no scapular flare), chin down /crown long, glutes, thighs and core stay strong to prevent “belly sag” and maintain solid alignment.

Exhale to stabilize as you bend the right arm and touch your right forearm to the ground. Elbow pits face front, with the goal of pressing back to top position by driving the elbow pits forward rather than simply pushing up. Repeat the movement from side to side, pressing off alternating arms.

Spinal Rock Pike

Begin by sitting with knees bent and hands on knees. Exhale and roll to the ground by tucking your tailbone underneath and rolling one vertebra at a time. When your lower back is flat, pull knees to chest, place palms on the ground at your sides, and continue rolling back until your weight is on your shoulder blades. Extend your feet over your head and squeeze your thighs hard as you lock the knees and press out from your heels. The legs extend only once you've achieved the full rock.

Roll back up to a seated position by reversing the process, holding your knees with elbows pinched tight. As you reach the top position, the legs extend forward by pressing knee pits into the floor and driving heels out. Lift from the crown and chest, allowing air to be sucked back in. Finally, reach forward and bend from the waist as you exhale and allow the energy of your roll to wave out your arms toward your feet.

Tripod Twist

Begin in a squat. Reach back with your left arm and place it on the ground so you're supporting yourself in a 3-point tripod position with wrist perpendicular and fingers pointed back.

Exhale hard as you drive your hips up from mid-foot. The hips remove to the right as the right arm reaches around your body, elbow bent and fingers pointed down. As the hand reaches down the hips lift in the opposite direction.

Release your hips and arm to return to the tripod squat. Switch base arms and repeat to the opposite side.

Mission One - Commando

Front Lunge Leap

Begin in lunge position. Hands are up, shoulders pulled down, and chin down / crown tall. Weight is on mid-foot with front leg and ball of foot with rear leg. Legs absorb weight with buoyancy and your knee does not rest on the ground. Front leg shin and rear leg thigh are perpendicular to the ground, and front thigh is parallel.

Exhale as you release upwards and drive the knee of the rear leg to your chest—this will give you height, and the leg switch happens mid-air as before. The drive comes from mid-foot on the front leg and ball of foot on the rear.

At the bottom of the movement, absorb downwards to two 90's (front leg shin and rear leg thigh perpendicular, front thigh parallel), then immediately drive rear leg to chest, switching back and forth without pausing between reps

Plank Push Squat

Squat on ball of foot and place your hands in contact with the ground. Exhale hard and drive forward from ball of foot into “pushup position” on your palms. As you drive forward, squeeze your glutes, keep elbows pinched to ribs, shoulders packed down, and chin down / crown up. The knees do not touch the ground in this variation.

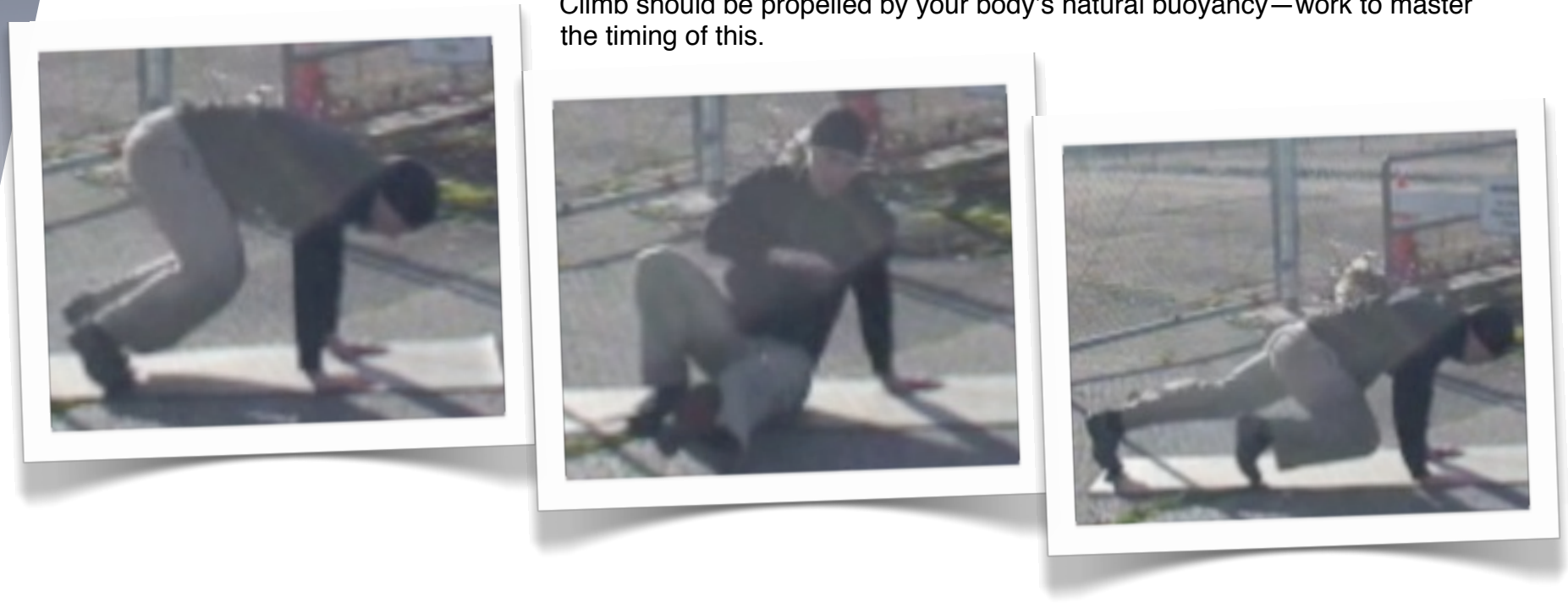
When you reach the forward “pushup position” your hand position should be as low as necessary in order to achieve full leg extension Elbows are bent, glutes contracted, knees locked and tailbone tucked. Return to the starting position by driving hard off your palms. Push all the way back into a full squat—heel to glutes, belly to thigh—and then explode forward into the next rep.

Sit Thru Climb

Begin on ball of foot with hands in contact with the ground. The left foot rotates onto the edge of foot (or “foot sword”) as you rotate in a tight arc to the right. Right arm lifts and pulls back to guard position (elbow tight to ribs) as you drive from the hip to bring the left leg parallel to the ground. As you reach the end of the arc, extend and reach with the leg while maintaining mid-foot contact with the posted leg and palm-heel contact (with fingers spread) on the posted hand.

From that extended position, the hip and knee of the grounded leg roll forward at the same time as the extended leg sweeps back. The grounded leg lifts off as the extended leg passes beneath it and the lifted hand comes back into contact with the earth. This brings you momentarily into a “mountain climber” position. Absorb the buoyancy of the movement to draw the extended leg back in.

Repeat this movement from side to side, exhaling hard each time. The Sit Thru Climb should be propelled by your body’s natural buoyancy—work to master the timing of this.



Guard Pushup

Begin in the same top position as the screw pushup. Shoulders are packed down (no scapular flare), chin down /crown long, glutes, thighs and core stay strong to prevent “belly sag” and maintain solid alignment.

Exhale to stabilize as you bend the right arm and touch right forearm to the ground. As you reach the bottom portion of the movement, curl from the bicep of the bent arm so that contact with the ground shifts to the elbow and palm touches your head.

Press back to top position by driving the elbow pits forward rather than simply pushing up. Repeat the movement from side to side, pressing off alternating arms.

Spinal Rock Drop

Begin by sitting with knees bent and hands on knees. Exhale and roll to the ground by tucking the tailbone underneath and rolling one vertebra at a time. When your lower back is flat, pull knees to chest, place palms on the ground at your sides, and continue rolling back until your weight is on your shoulder blades. Pike up by snapping your hips forward to an inverted position and driving the knees back.

Exhale your navel in and allow the knees to drop—spread your knees apart so they come to either side of your head. Hips extend over your nose, and knees drop (feet do not kick) to touch the floor. Roll back up to a seated position by reversing the process. Feet are together in “butterfly” position, and hands grasp ankles to lift from the chest.

Tripod Overhead Twist

Begin in a squat. Reach back with your right arm and place it on the ground so you're supporting yourself in a 3-point tripod position with wrist perpendicular and fingers pointed back.

Exhale hard as you drive the hips up from mid-foot. The hips remove to the left as the left arm reaches around your body, elbow bent and fingers pointed down. As the hand reaches down the hips lift in the opposite direction. From there, hips lift to full extension as you reach up and over your head with your left arm and get full alignment with your centerline. Elbow locks overhead and the posted arm locks as well, with shoulders pulled down and no scapular flare.

Release your hips and pull the elbow of the extended arm to ribs as you return to the tripod squat. Switch base arms and repeat to the opposite side.

Mission Two Exercise Descriptions

Mission Two - Recruit

Lunge Twist

Stand tall with your feet shoulder width apart and “on rails”—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Exhale as you step forward with your right leg. Foot always lands with mid-foot balance. Squat on that forward leg until your thigh is parallel to the ground. Shin and back remain perpendicular and hips in one line. As you sink into the forward lunge position, exhale and twist from the waist towards the forward leg. Your goal is to get the torso parallel with the thigh—twist from the waist rather than just moving your arms.

Drive off the front leg—again from mid-foot—to return to a neutral standing position. Repeat to the opposite side.

Revolving Table

Begin in a squat. Reach back with your right arm and place it on the ground so you're supporting yourself in a 3-point tripod position, with wrist perpendicular, fingers pointed back, and elbow bent to absorb your weight. Shift your weight to the center as you bring the left arm back to establish full table position.

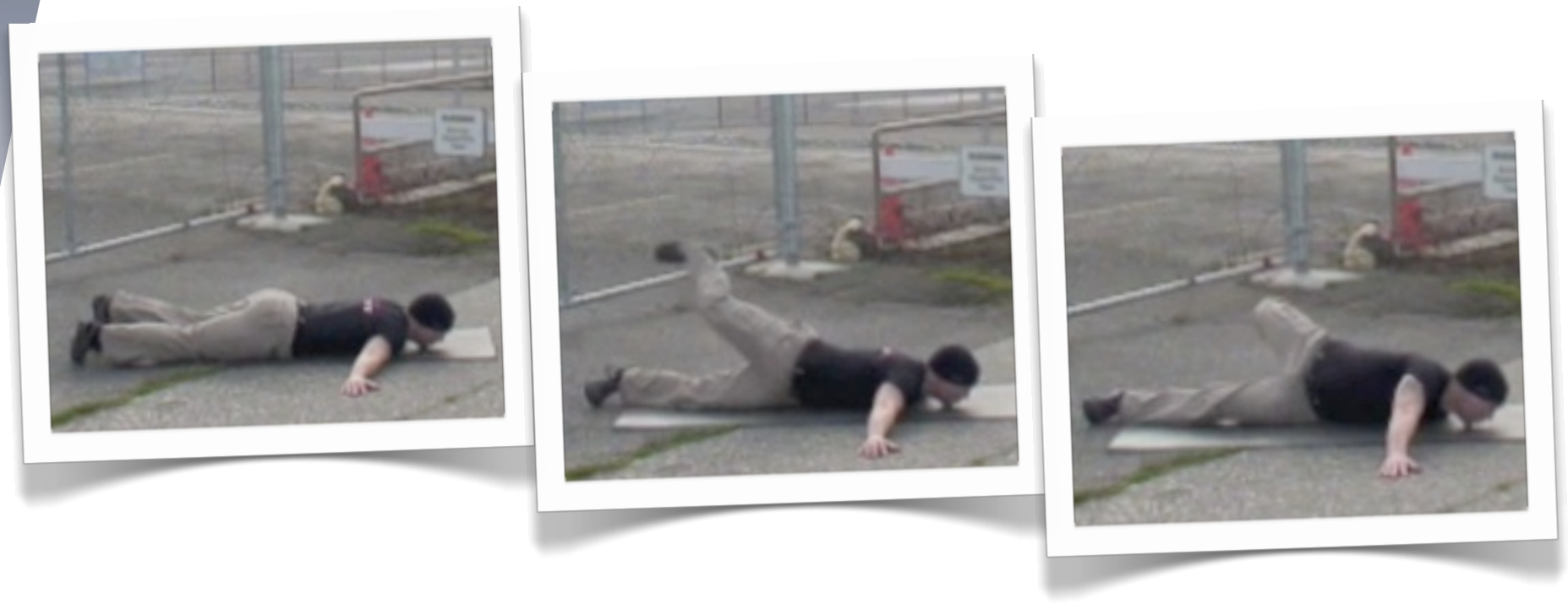
Exhale hard as you remove the left hand and press forward with the right to establish belly to right thigh contact and shift forward to a hands-free flat foot squat. Reach back with the left arm to establish the 3-point tripod position on that side and repeat the entire movement.

Scorpion Crucifix

Lie on your stomach with arms spread and elbows locked in “crucifix” position. Lift your right leg and, leading from the knee, reach up and over to bring the right foot as high as possible toward your left hand. The rotation happens at the lower thoracic, not the lumbar. Exhale as you twist, and only reach as high as you can maintain flat foot contact with the left foot when it touches the ground.

Your right shoulder will lift as you reach up and over with that leg. Press the right palm and shoulder into the ground as you press the hip down to counter this movement. The hands must stay in place.

Repeat the movement with alternating legs.



Bear Squat

Begin in a “down dog” position: palms in contact with the ground, elbows locked, heels down, and knees locked. Squat by pulling with your hamstrings to lift the heels off the ground, tucking your tailbone underneath and pulling your glutes down to your heels. Do not simply drop by releasing your knees—pull down and maintain a strong core. Squat belly to thighs and drive back by pressing from your palms.

Press back up to start position by reversing the motion. Exhale down, inhale up.

Rocca Forearm

Begin in a “down dog” position: palms in contact with the ground, elbows locked, heels pressed down, and knees locked. Bring your forearms into contact with the ground by bending the elbows, and then exhale and press back up to extension by flexing your triceps to drive elbow pits up..

Bridge Clap

Begin by lying on your back with knees bent and shoulder blades pinched together. Drive from mid-foot and squeeze your glutes to bring hips to full extension while lifting your chest over your nose. Weight shifts to shoulder blade contact with the ground, elbows come down to ribs, and hands pass underneath to clap as your hips reach the top of the motion.

Hands return to guard position as you release the hips and lower back down to the ground.

Mission Two - Grunt

Lunge Twist Knee

Stand tall with feet shoulder width apart and “on rails”—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Exhale as you step back with your right leg, squatting on the left until your thigh is parallel with the ground. Shin and back remain perpendicular. As you sink into the lunge position, exhale and twist from the waist towards the forward leg. Your goal is to get the torso parallel with the thigh—twist from the waist rather than just moving your arms. The squat and twist happen simultaneously.

Absorb at the bottom, then drive off the front leg—again from mid-foot—to return to standing. As you drive up, allow the rear leg to lift and bring the knee up in a movement similar to a knee strike. Return to a neutral standing position and repeat to the opposite side.

Swinging Tripod

Begin in a squat. Reach back with your left arm and place it on the ground so you're supporting yourself in a 3-point tripod position, with wrist perpendicular, fingers pointed back, and elbow bent to absorb your weight.

Exhale hard as you press forward off the left hand to establish belly to right thigh contact. Shift forward to a hands-free flat foot squat, but don't pause there. Move through the squat in an arc by keeping your elbow tight as you reach back with your right arm to establish the 3-point tripod position on the opposite side.

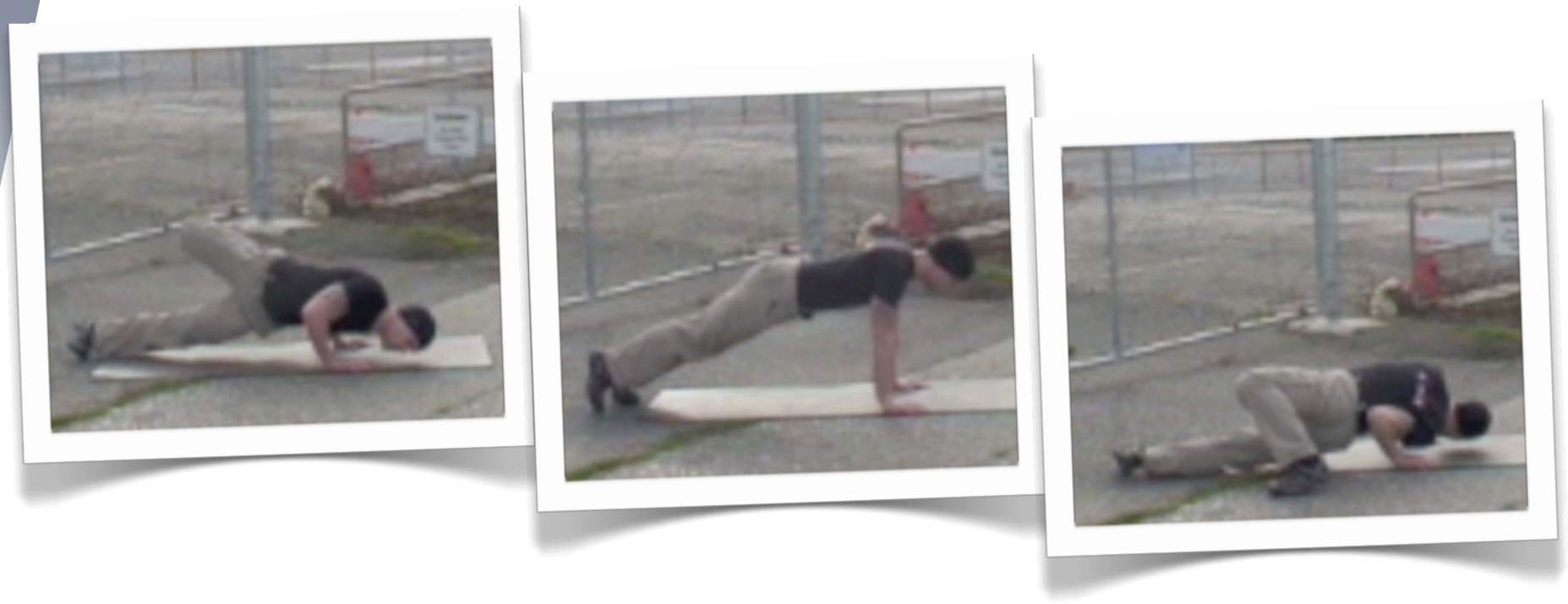
Repeat this movement from side to side, using the torque of the swing to move in a tight arc.

Scorpion Pushup

Begin in pushup position: shoulders packed down (no scapular flare) and chin down /crown long. Glutes, thighs and core stay strong to prevent “belly sag” and maintain solid alignment.

As you lower into the pushup, tuck your left elbow tight to your ribs, lift your right leg and, leading from the knee, reach up and over to bring the right foot as high as possible toward your left hand. The rotation happens at the lower thoracic, not the lumbar. Exhale as you twist, and only reach as high as you can maintain flat foot contact with the right foot when it touches the ground. The foot touches down as you reach the bottom position of the pushup.

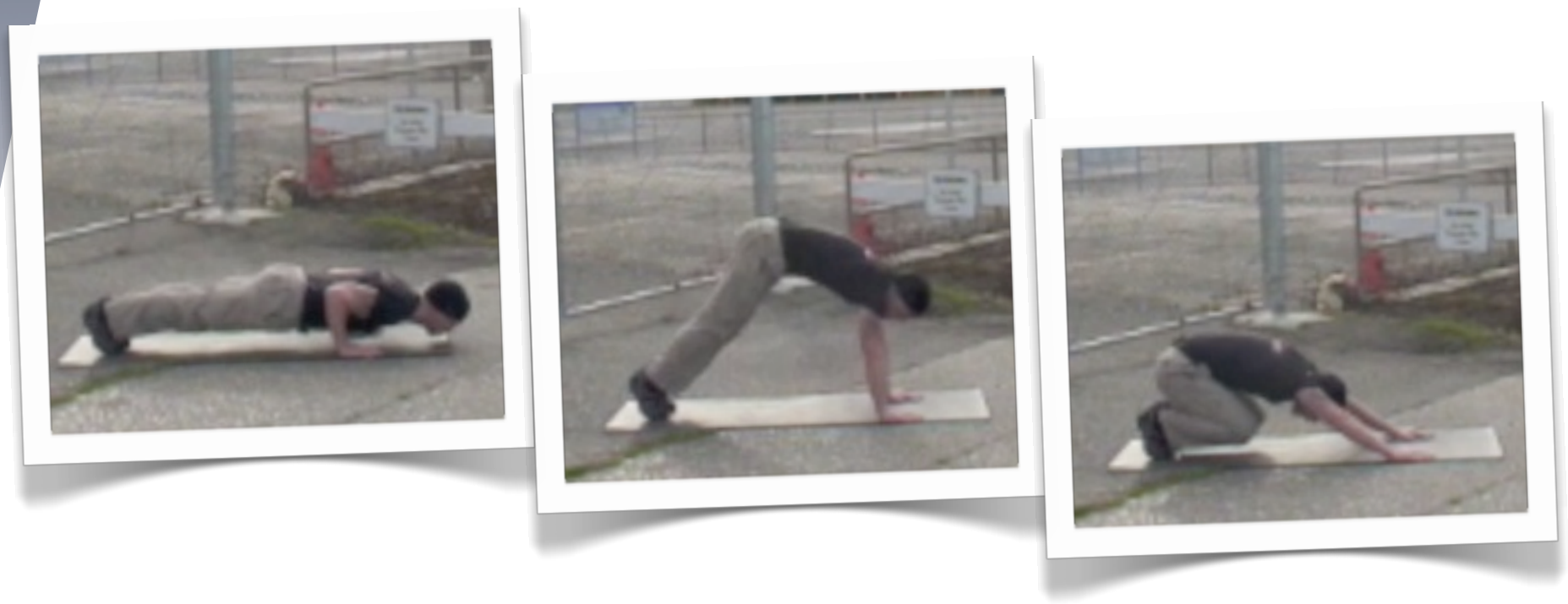
Press back to top position by exhaling hard and driving your elbow pits forward rather than simply pushing up, and simultaneously return the left leg to start position. Repeat the movement by alternating legs.



Bear Pushup

Begin in the “bear squat”: belly to thighs, glutes to heels, palms in contact with the ground. Exhale as you drive off ball of foot, moving up and forward in an arc, and ending in the bottom position of the pushup. Your hands should be at chest height, elbows bent, glutes contracted and tailbone tucked.

Press up to the top pushup position by exhaling hard and driving your elbow pits forward. Allow the movement to continue in an arc to the back as you press off your palms. Pull with your hamstrings to lift your heels off the ground, tuck your tailbone underneath and pull your glutes down to return to the bear squat.



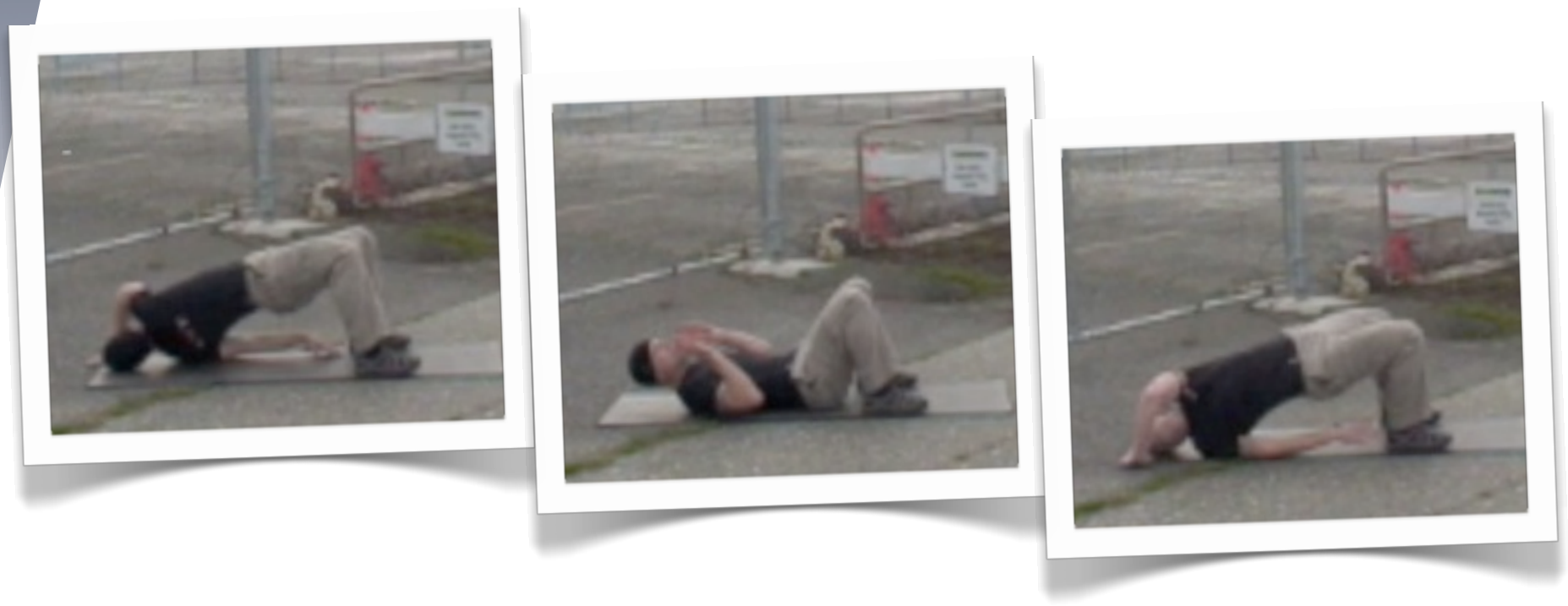
Rocca Squat

Begin in a “down dog” position: palms in contact with the ground, elbows out, and fingers pointing toward each other at a 45 degree angle. Squat down as you exhale and bring belly to thighs, then drive the knees back and squeeze the quads to lock your legs as you shift your weight to your toes. Come forward, elbows at 45, and lower to touch the crown of your head to the mat. Exhale and press back up, returning to the squat in an arc.

Diagonal Bridge

Begin by lying on your back with knees bent and shoulder blades pinched together. Drive from mid-foot and squeeze your glutes to bring hips to full extension while lifting your chest over your nose as your weight shifts to shoulder blade contact with the ground. Left arm reaches beneath you, palm down, as the right arm reaches up and over into the space between your left ear and left shoulder. Your goal is to lift and create a line from shoulder to opposite heel.

Hands return to guard position as you release your hips and lower back down to the ground. Repeat to the opposite side.



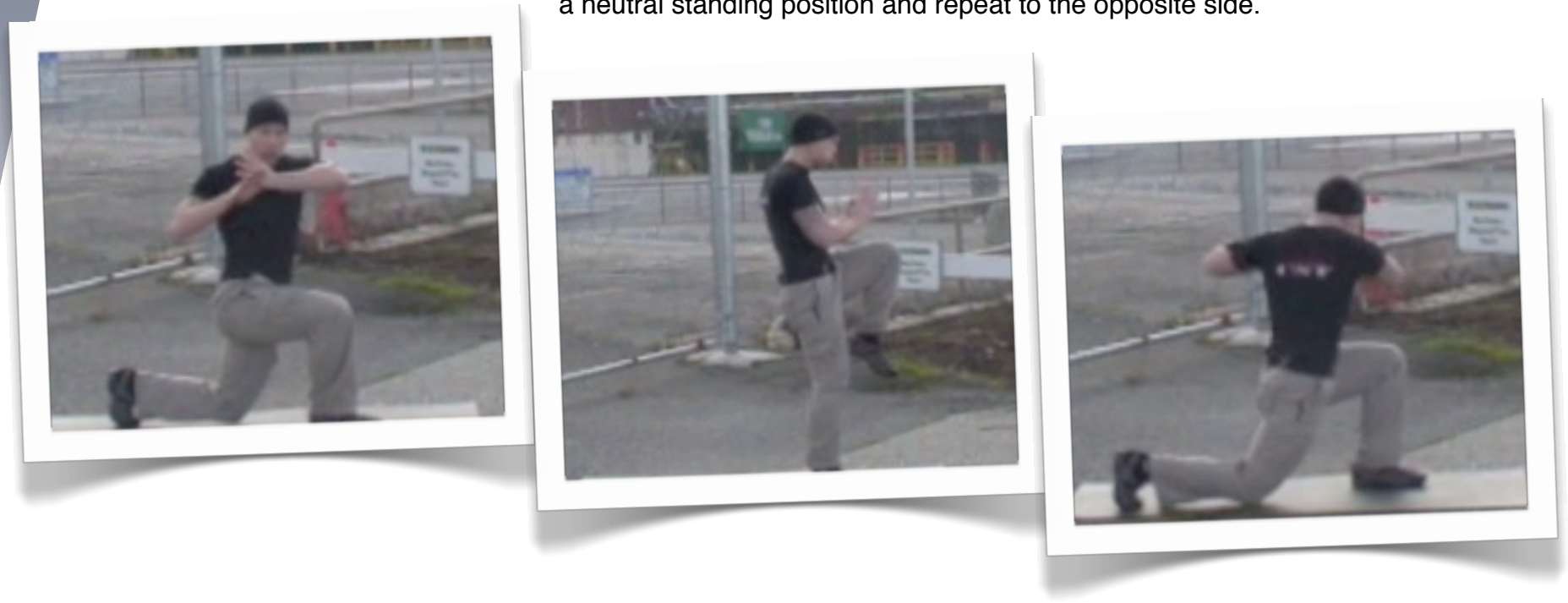
Mission Two - Commando

Lunge Twist Combo

Stand tall with feet shoulder width apart and "on rails"—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Exhale as you step back with your left leg, squatting on the right until your thigh is parallel with the ground. Shin and back remain perpendicular. As you sink into the lunge, exhale and twist from the waist towards the forward leg while bringing your elbow up and parallel to the ground. Your goal is to get the torso parallel with the thigh and let the elbow lead across—but remember to twist from the waist rather than just moving your arm. The squat and twist happen simultaneously.

Absorb at the bottom, then drive off the front leg—again from mid-foot—to return to standing. As you drive up, allow the rear leg to lift and bring your knee up in a movement similar to a knee strike, while at the same time bringing your hands to the knee. Return to a neutral standing position and repeat to the opposite side.



Springing Tripod

Begin in a squat. Reach back with your left arm and place it on the ground so you're supporting yourself in a 3-point tripod position with wrist perpendicular, fingers pointed back, and elbow bent to absorb your weight.

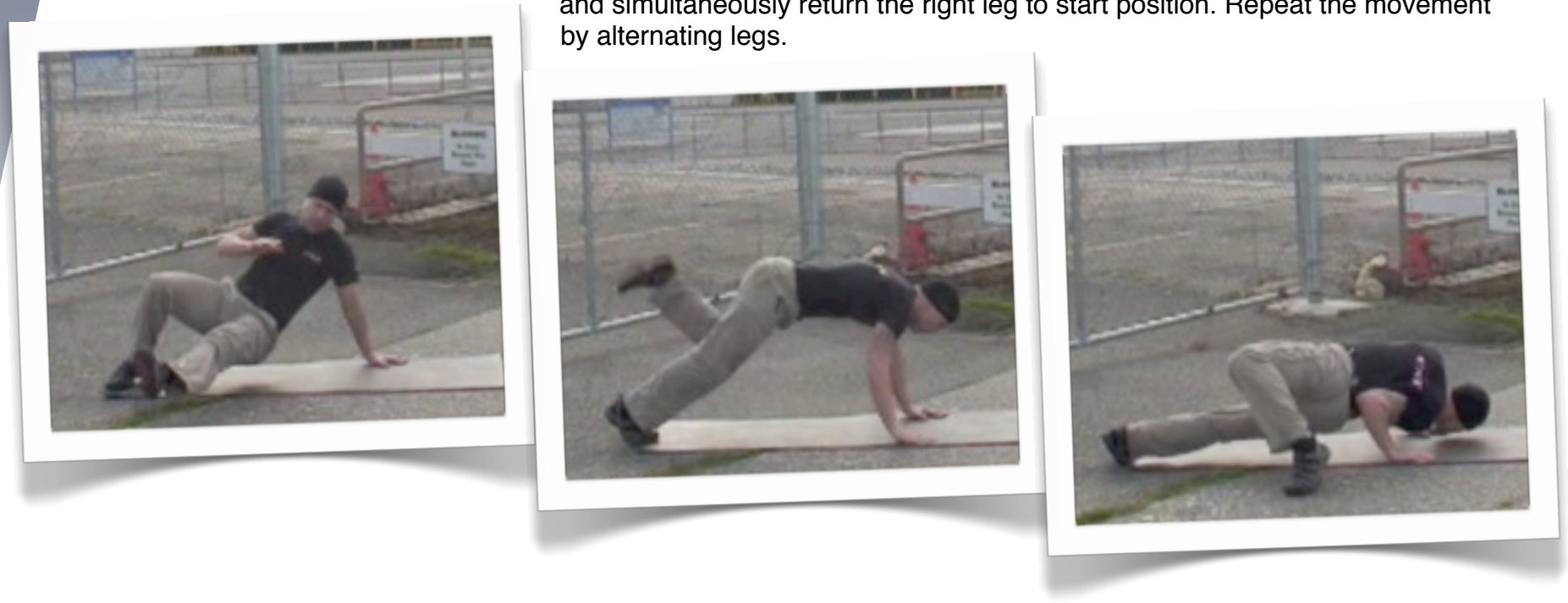
Exhale hard as you press forward off the left hand and drive your hips upward to get "lift." The arms move in an arc across your body as your hips drive up. Reach back with your right arm to establish the 3-point tripod position on the opposite side. Absorb the landing with a soft elbow, wrist perpendicular, and allow your left knee to drop inward. Repeat this movement from side to side.

Scorpion Strike

Begin in pushup position. The left foot rotates and the right arm lifts and pulls back to guard position (elbow tight to ribs) as you drive from the hip to shoot your left leg underneath, parallel to the ground. As you reach the end of the arc, extend and reach with the leg while maintaining mid-foot contact with the posted leg and palm-heel contact (with fingers spread) on the posted hand.

Retract the reaching leg without touching the ground and, as you lower into the pushup, tuck your left elbow tight to your ribs, reach that same leg up and over to bring the right foot as high as possible toward your left hand. The rotation happens at the lower thoracic, not the lumbar. Exhale as you twist, and only reach as high as you can maintain flat foot contact with the right foot when it touches the ground. The foot touches down as you reach the bottom position of the pushup.

Press back to top position by exhaling hard and driving your elbow pits forward, and simultaneously return the right leg to start position. Repeat the movement by alternating legs.



Bear Squat Press

Begin in “down dog”: palms in contact with the ground, elbows locked, heels down, and knees locked. Squat by pulling with your hamstrings to lift your heels off the ground, tucking your tailbone underneath, and pulling your glutes down to your heels.

Exhale as you drive off ball of foot, moving up and forward in an arc and ending in the bottom position of the pushup. Your hands should be at chest height, elbows bent, glutes contracted and tailbone tucked.

Press up to the top pushup position by exhaling hard and driving your elbow pits forward. Allow the movement to continue in an arc to the back as you press off your palms. Pull with your hamstrings to lift your heels off the ground, tuck your tailbone underneath and pull your glutes down to return to the squat. Press your legs up into down dog by pushing your knee pits back.

Rocca Invert

Begin in a “down dog” position: palms in contact with the ground, elbows out, and fingers pointing toward each other at a 45 degree angle. Shift to your toes in order to maximize the amount of weight that is over your hands—you’ll stay on your toes for the entire set.

Bend your elbows at 45 as you lower to touch the crown of your head to the mat. Exhale and press back up, recruiting your core to tighten and drive.

Anchored Bridge

Begin by lying on your back with knees bent and shoulder blades pinched together. Drive from mid-foot and squeeze your glutes to bring hips to full extension while lifting your chest over your nose as your weight shifts to shoulder blade contact with the ground. Your left arm reaches beneath you to grasp your left ankle as your right arm reaches up and over into the space between your left ear and left shoulder. Your goal is to lift and create a line from shoulder to opposite heel as you pull hard on that ankle to make a “bow” with your body.

Hands return to guard position as you release your hips and lower back down to the ground. Repeat to the opposite side.

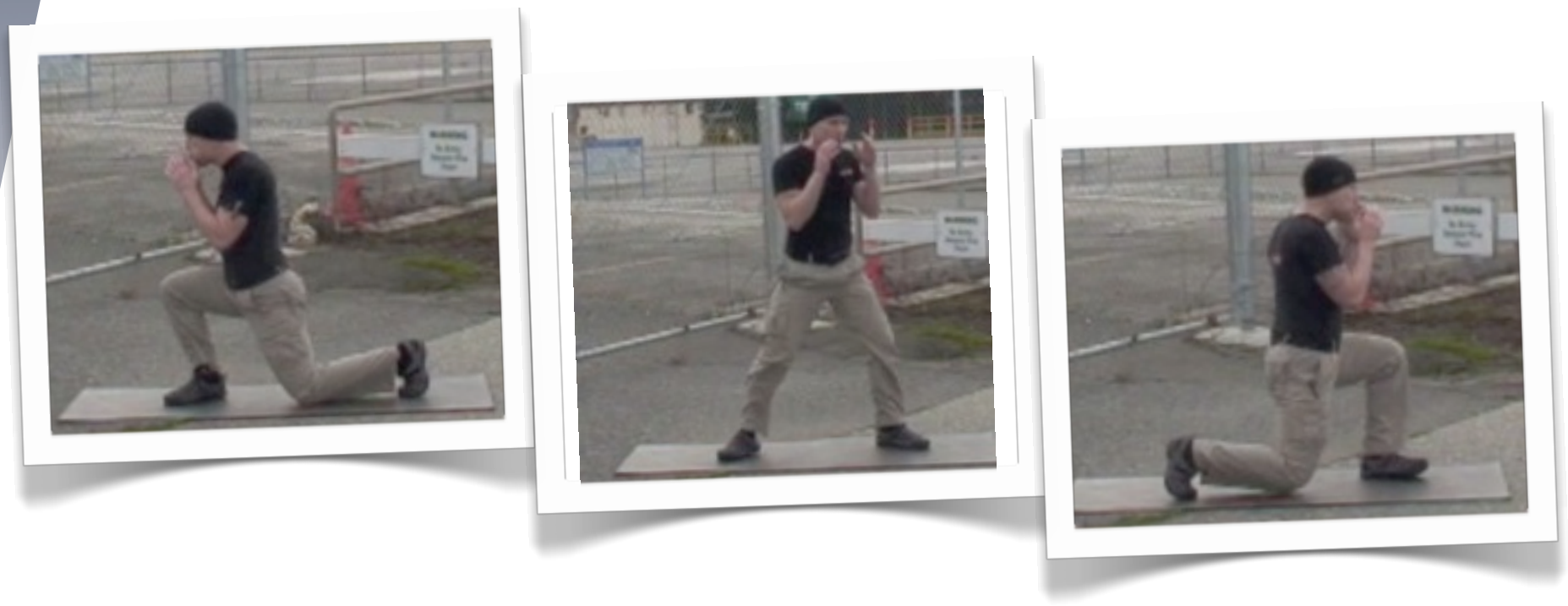
Mission Three Exercise Descriptions

Mission Three - Recruit

Warrior Lunge

Begin in lunge position. Hands are up, shoulders pulled down, and chin down / crown tall. Weight is on mid-foot of front leg and ball of foot of rear leg. Legs absorb weight with buoyancy and knee does not rest on the ground. Front leg shin and rear leg thigh are perpendicular to the ground, and front thigh is parallel.

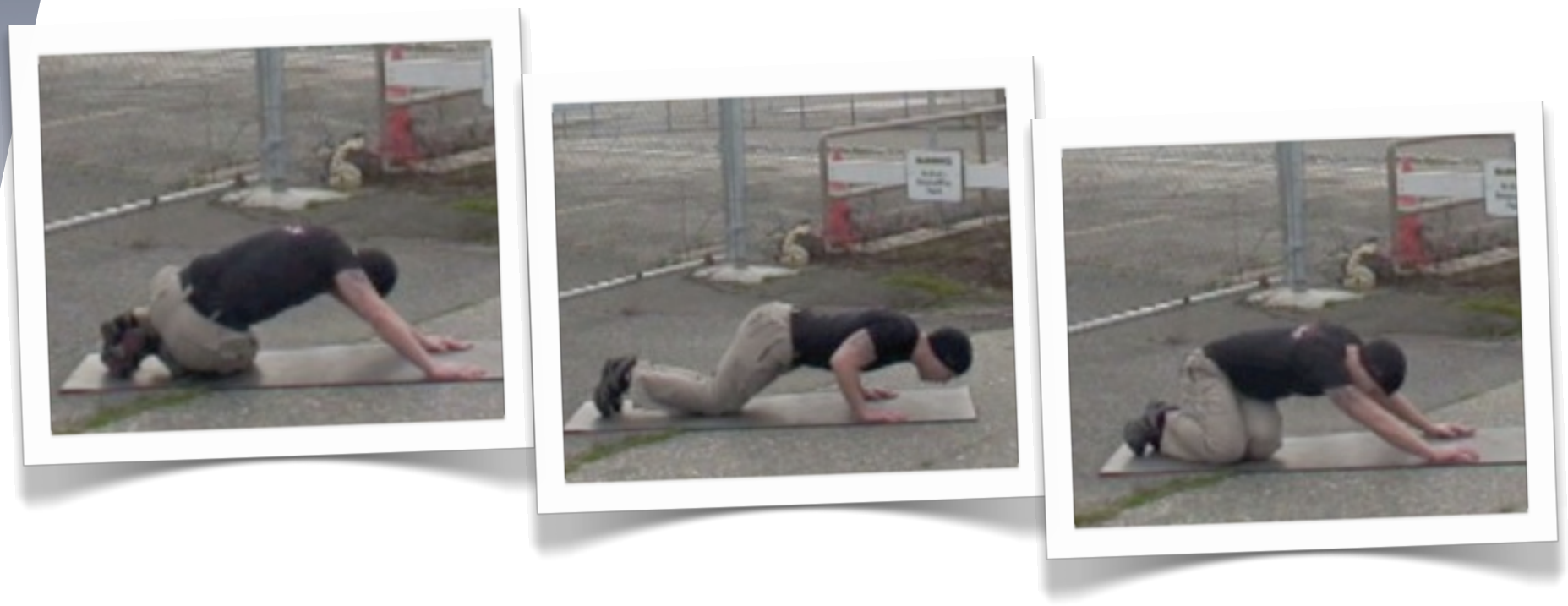
Drive up from mid-foot, pivot 180 degrees by dropping the knee of the front leg and rotating from the hip, and sink into lunge position on the opposite side. You can touch knee to ground in the bottom position but don't rest it on the ground—keep it up and keep your structure loaded.



Swing Plank Knee

Kneel and place your hands in contact with the ground. Twist your knees to the left so your outside thigh is parallel to the floor. This is your start position.

Exhale and drive forward into “pushup position” on your palms. As you drive forward, keep elbows pinched to ribs, shoulders packed down, and chin down / crown up. When you reach the forward “pushup position” your hands should be at chest height, elbows bent, glutes contracted and tailbone tucked. Twist from the waist to bring your knees to the opposite side, and then drive with palm heels to return to start position, butt to heels. Repeat, changing sides each time.



Airborne Squat Shin

Stand tall with feet shoulder width apart and "on rails"—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Raise your right leg and exhale as you squat on the left until your thigh is parallel with the ground. Shin and back remain perpendicular. The top of your right foot and your right shin contact the ground at the bottom of the movement. Drive off the left leg from mid-foot to return to standing, using the right foot and shin to assist. Switch legs and repeat on the opposite side.

Spiderman Pushup Knee

Kneel and place your hands in contact with the ground—one hand at chest level as in a normal pushup, and the other hand at your waist. Your hands are placed so that fingers are pointing away from one another.

Keep your shoulders packed and elbows pinched to your sides as you lower into the pushup. Tailbone is tucked, chin down / crown up, tight glutes. Press back up by driving your elbow pits forward. Switch your hand position at the top of the movement to complete your next rep on the opposite side.

Shinbox Twist

Begin in the shin box position—one leg folded across in front of you and the other pointing back so that your legs form two sides of an imaginary box. Try to get both sits bones on the ground (this might be challenging at first), with back straight and chin down / crown up.

Twist from the waist in the direction of the rear leg. Change sides by balancing on both sits bones and moving your legs into the opposite side shin box. Twist from the waist in the direction of what is now the rear leg. Repeat, changing sides with the shin box each time.

Table Lift

Begin sitting on the ground with legs outstretched, palms at your sides, fingers pointed towards your toes. Shoulders are packed down, chin down / crown up, elbows pinched and triceps strong. Exhale to activate the core as you pull with your heels, and then drive your hips up to pop up into table.

Release your hips, exhale again and drive back with your heels to return to a seated position, bringing your body into alignment

Mission Three - Grunt

Cossack Lunge

Begin standing with legs spread apart, feet on rails. Shift your weight to the right and squat on the right leg. As you go down allow your left foot to pivot on the heel so that you are squatting in a “hurdler” position. Squat only as low as you can go while keeping the bent leg heel down. The long leg knee is locked, thigh strong, and foot rotates to the outside.

Drive from mid-foot balance on the bent leg to return to standing. The long leg foot rotates back to neutral as you rise (and before you put weight on it). Continue to rotate and repeat the movement on the opposite side.

Swing Plank

Squat glutes to heels and place your hands in contact with the ground. Twist your knees to the left so your outside thigh is parallel to the floor. This is your start position.

Exhale and drive forward into “pushup position” on your palms. As you drive forward, keep elbows pinched to ribs, shoulders packed down, and chin down / crown up. When you reach the forward “pushup position” your hands should be at chest height, elbows bent, glutes contracted and tailbone tucked. Twist from the waist to bring your knees to the opposite side, and then drive with palm heels to return to start position, butt to heels. The knees do not touch the ground throughout. Repeat, changing sides each time.

Airborne Squat Knee

Stand tall with feet shoulder width apart and "on rails"—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Raise your right leg and exhale as you squat on the left until your thigh is parallel with the ground. Shin and back remain perpendicular. Your right knee touches the ground at the bottom of the movement, but your foot and shin do not. Exhale hard, contract your core, and press off the left leg from mid-foot balance while driving your left knee pit towards the back wall to return to standing. Switch legs and repeat on the opposite side.

Spiderman Pushup

Begin in spiderman pushup position—one hand at chest level as in a normal pushup, and the other hand at your waist. Your hands are placed so that fingers are pointing away from one another.

Keep your shoulders packed and elbows pinched to your sides as you lower into the pushup. Tailbone is tucked, chin down / crown up, tight glutes, heels pressed down, and thighs strong. Press back up by driving your elbow pits forward. Switch your hand position at the top of the movement to complete your next rep on the opposite side.

Shinbox Invert

Begin in the shin box position—one leg folded across in front of you and the other pointing back so that your legs form two sides of an imaginary box. Try to get both sits bones on the ground (this might be challenging at first), with back straight and chin down / crown up.

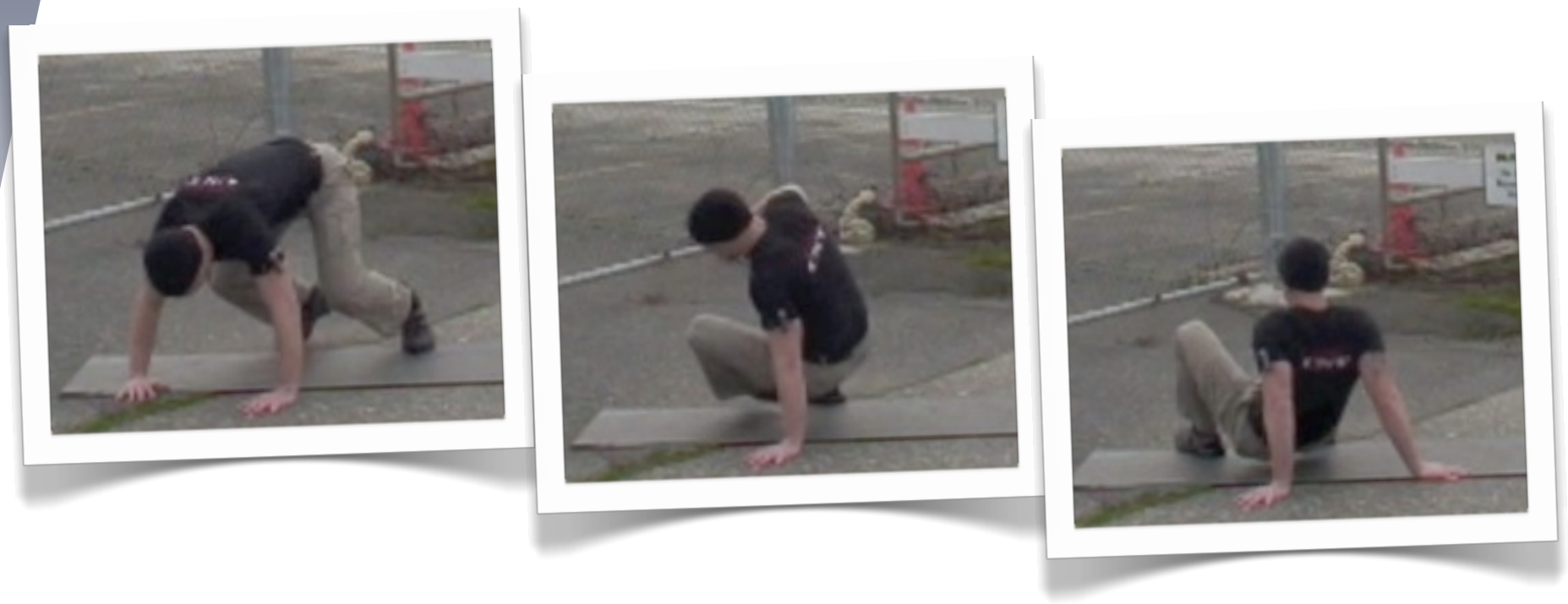
Exhale and roll to the ground by tucking your tailbone underneath and rolling one vertebra at a time. When you reach the bottom portion of the spinal rock, drive your knees and hips up into an inverted shin box while twisting from the waist. Think “foot to opposite knee” as you twist.

Roll back up to a seated position by reversing the process. As you reach the top, twist from the waist in the direction of the rear leg.

Base Switch

Begin in “crab” position, with torso facing up, weight equally distributed between hands and feet, elbows bent and shoulders packed down. Raise your right arm and left leg from the floor (opposite arm, opposite leg). Pull the leg through underneath, leading from the hip and then the knee, to rotate face down into the Quad Squat position. As you come into the Quad Squat, sink and absorb with all four limbs.

Raise your left arm and right leg off the floor (opposite arm, opposite leg), and drive your raised knee up through your hand so that you rotate face up to return to the “crab” position. Reverse the motion to repeat to the opposite side.



Mission Three - Commando

Cossack Warrior

Begin in lunge position. Hands are up, shoulders pulled down, and chin down / crown tall. Weight is on mid-foot of front leg and ball of foot of rear leg. Legs absorb weight with buoyancy and knee does not rest on the ground. Front leg shin and rear leg thigh are perpendicular to the ground, and front thigh is parallel.

Drive up slightly from mid-foot and roll the rear leg over to sink into a “hurdler” position on the same side. Squat only as low as you can go while keeping the bent leg heel down. The long leg knee is locked, thigh strong, and foot rotates to the outside.

As you drive up and forward off the rear leg, the hip and heel turn over. Shift forward and lower into a lunge position on the forward leg. Repeat the movement to the other side.

Swing Plank Extended

Squat glutes to heels and place your hands in contact with the ground. Twist your knees to the left so your outside thigh is parallel to the floor. This is your start position.

Exhale and drive forward into “pushup position” on your palms. As you drive forward, keep elbows pinched to ribs, shoulders packed down, and chin down / crown up. When you reach the forward “pushup position” your hands should come down to your ribs, elbows bent, glutes contracted and tailbone tucked. Twist from the waist to bring your knees to the opposite side, and then drive with palm heels to return to start position, butt to heels. The knees do not touch the ground throughout. Repeat, changing sides each time.

Airborne Squat Jump

Stand tall with feet shoulder width apart and "on rails"—pointed straight ahead rather than splayed out. Hands are up in guard position, forearms perpendicular to the ground, and shoulders pulled down.

Raise your right leg and exhale as you squat on the left until your thigh is parallel with the ground. Shin and back remain perpendicular. Your right knee touches the ground at the bottom of the movement, but your foot and shin do not. Exhale hard, contract your core, and drive off the earth from mid-foot balance, bringing your hip to full extension as you jump. Switch legs and repeat to the opposite side.

Spiderman Jump Press

Begin in spiderman pushup position—one hand at chest level as in a normal pushup, and the other hand at your waist. Your hands are placed so that fingers are pointing away from one another.

Keep your shoulders packed and elbows pinched to your sides as you lower into the pushup. Tailbone is tucked, chin down / crown up, tight glutes, heels pressed down, and thighs strong. Press back up by driving your elbow pits forward. Allow your hands to leave the ground with the force of your press. Switch hand position in mid air to complete your next rep on the opposite side.

Shinbox Switch

Begin in the shin box position—one leg folded across in front of you and the other pointing back so that your legs form two sides of an imaginary box. Try to get both sits bones on the ground (this might be challenging at first), with back straight and chin down / crown up.

Exhale and roll to the ground by tucking your tailbone underneath and rolling one vertebra at a time. When you reach the bottom portion of the spinal rock, drive your knees and hips up into an inverted shin box while twisting from the waist—you will be switching sides with your shin box. Think “foot to opposite knee” as you twist.

Roll back up to a seated position by reversing the process. As you reach the top, twist from the waist in the direction of the rear leg. Repeat the movement, switching shin boxes each time you reach the elevated position.

Base Switch Press

Begin in “crab” position, with torso facing up, weight equally distributed between hands and feet, elbows bent and shoulders packed down. Raise your right arm and left leg from the floor (opposite arm, opposite leg). Pull the leg through underneath, leading from the hip and then the knee, to rotate face down into the Quad Squat position.

As you come into the Quad Squat, sink and absorb with all four limbs, lowering and pressing back up with all four limbs equally—elbows at 45 degrees, knees pointed out diagonally so your weight is carried by your structure.

Raise your left arm and right leg off the floor (opposite arm, opposite leg), and drive your raised knee up through your hand so that you rotate face up to return to the “crab” position. Make the movement continuous in the same direction. Change directions each round.

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Appendix

Intuitive Training Reference & Conversion Charts

Subjective Performance Criteria

Rate of Perceived Exertion (RPE)

1–2 very easy

3–4 somewhat easy

5–6 hard

7–8 very difficult

9–10 extremely difficult

Rate of Perceived Discomfort (RPD)

1–2 no discomfort

3–4 mild discomfort

5–6 uncomfortable

7–8 very uncomfortable

9–10 extremely painful

Rate of Perceived Technique (RPT)

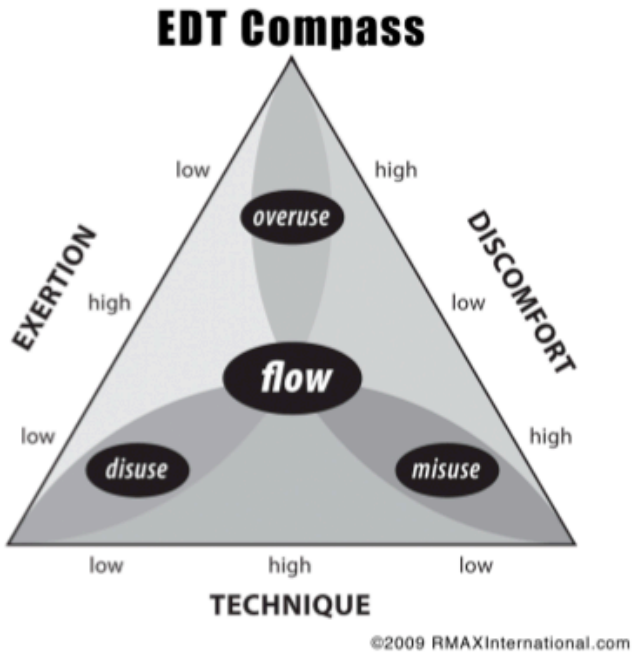
1–2 very sloppy form

3–4 poor form

5–6 adequate form

7–8 good form

9–10 extremely good form



In execution of each repetition, on high intensity days should be:

RPE: 8–10 RPD: 1–5 RPT: 8–10

In execution of each repetition, on moderate intensity days should be:

RPE: 5–7 RPD: 1–5 RPT: 8–10

In execution of each repetition, on low intensity days should be:

RPE: 2–4 RPD: 1–5 RPT: 8–10

In execution of each repetition, on no intensity days should be:

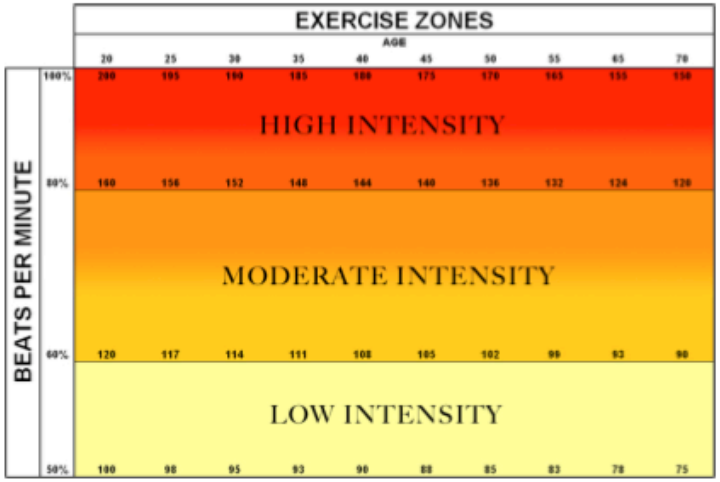
RPE: 0–1 RPD: 1–3 RPT: 8–10

Objective Performance Criteria

Heart Rate Maximum (HR_{max}):

HR_{max} is often listed as [HR_{max} = 220-AGE] as in the Exercise Zone chart to the right. However, with so much deviation to this formula, the least objectionable formula has been found to be:

HR_{max} = 205.8 – (0.685 x AGE)



In execution of each program, on high intensity days should be 80–100% HR_{max}.

In execution of each program, on moderate intensity days should be 60–80% HR_{max}.

In execution of each program, on low intensity days should be 50–60% HR_{max}.

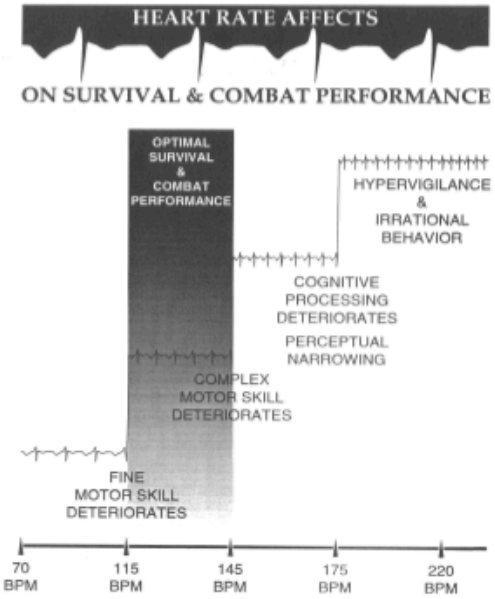
In execution of each program, on no intensity days should be <50% HR_{max}.

Heart Rate Direct Affects on Tactical Performance

There is a direct correspondence to heart rate and tactical performance as illustrated in the illustration to the right (Bruce Siddle, Sharpening the Warrior's Edge, The Psychology and Science of Training, 1995).

Russian studies in psychophysiology with their special operations units (Spetsnaz), including the examinations undergone by Scott Sonnon, TACFIT Founder, demonstrated that:

- **When the body performs complex skills under high intensity, it physiologically adapts, and the result decreases performance heart rate.**
- **The greater the volume of complex skills refined and performed at high intensity, the faster the skill acquisition period for learning and adapting to new skills.**
- **Therefore, complex skills refined and performed at high intensity allows tactical operators to have greater access to cognitive function; in addition to greater specific physical readiness to adapt to new challenges.**



As a result, TACFIT is designed with 4 levels of complexity: from simple to sophisticated:

- **DELTA: for those new to this type of metabolic conditioning.**
- **GAMMA: for those who commit to the first 2–3 weeks where 40% of the adaptation commences.**
- **BETA: for those who commit to the first 2–3 months where the next 40% of the adaptation commences.**
- **ALPHA: for those who fully commit to 2–3 years and the final 20% of the adaptation occurs.**